

HIPS MEASUREMENT

This measurement should be taken over lightweight clothing.

1. Stand with heels together.
2. Wrap the tape around the widest part of the hips / buttocks (Figures 1 & 3). The tape should be snug but not tight.
3. Read the tape from the side (Figure 2).
4. The correct measurement is the number that lines up with the edge of the tape (Figure 4). Round up to the nearest $\frac{1}{2}$ inch.

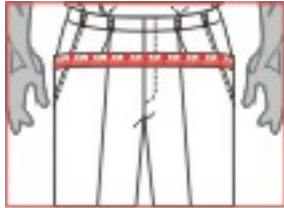


Figure 1

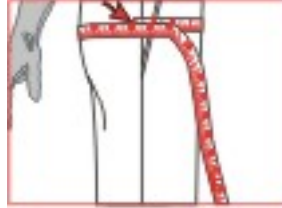


Figure 2



Figure 3

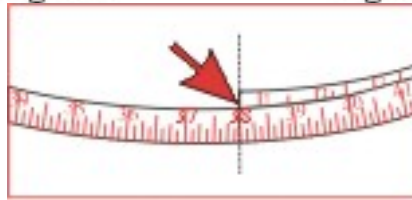


Figure 4

The correct measurement is the number that lines up with the edge of the tape, rounded up to the nearest $\frac{1}{2}$ inch. This person has a hips measurement of 38 inches.