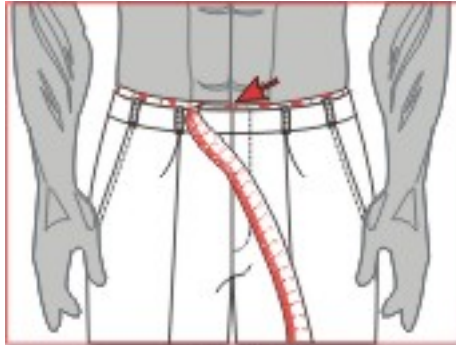
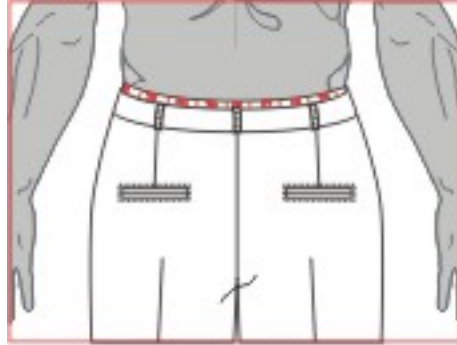


## WAIST MEASUREMENT

1. This measurement is taken directly against the skin, but you must wear pants while taking it in order to determine your belt line.
2. Wrap the tape around the waist at the belt line, inserting it between the pants and skin (Figures 1 & 2). The tape should be snug against the skin, but not tight.
3. The correct measurement is the number that lines up with the edge of the tape. Round up to the nearest  $\frac{1}{2}$  inch.



**Figure 1**



**Figure 2**

***Do not estimate measurements. Do not take the measurement over your pants or belt.***