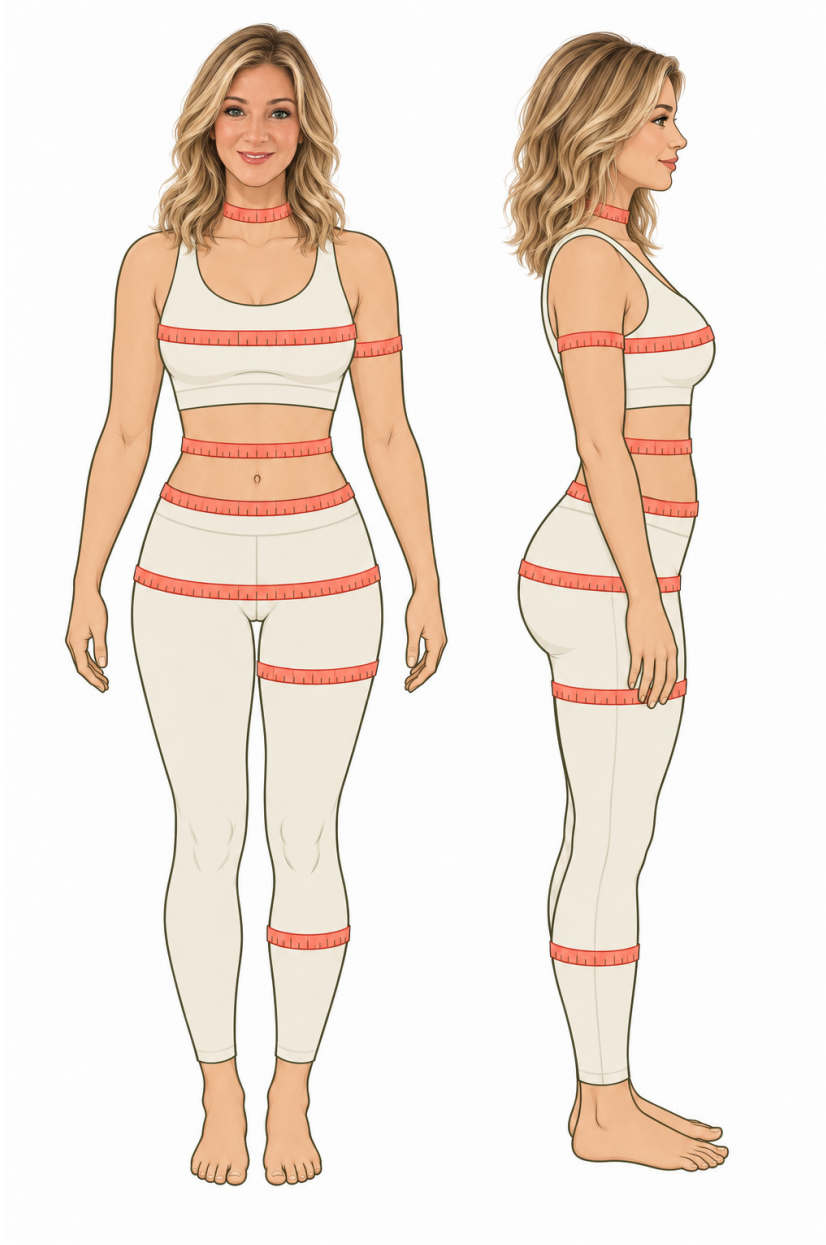


Where to Take Your Measurements

Follow the coral tapes, then measure in the same conditions each time.



Neck

Around the base of the neck

Chest / bust

Around the fullest part

Upper arm

Midway between shoulder and elbow

Natural waist

Narrowest point; do not pull in

Abdomen

Level with your belly button

Hips

Widest part of hips and glutes

Upper thigh

Just below the glute crease

Calf

Around the fullest part

MEASURE THE SAME WAY EACH TIME

Use a soft tape • Keep it level and snug, not tight • Measure the same side

Use similar clothing • Measure at the same time of day • Stand naturally