



EVERYDAY NUTRITION FOR EVERYDAY PEOPLE

FOR YOUR FIRST APPOINTMENT

Because our sessions are 100% video-based, we can't do physical measurements right there and then. So you'll have to come prepared with them. They're easy to do and – while a number doesn't really give a complete picture of your individual health – they are still useful to create a base level from which other calculations and data can be looked at.

So you will need to measure your height and weight, and your waist, neck, and hip circumference. Here's how.

MEASURE YOUR HEIGHT

Measure your height without shoes on, and in centimetres or inches (like 176cms, or 69.29”).



MEASURE YOUR WEIGHT

Weigh yourself, without outdoor clothes on, in kilograms or pounds. Most digital bathroom scales will display to one or two decimal points (like 75.6kgs or 166.67 pounds).



MEASURE YOUR WAIST, HIP AND NECK CIRCUMFERENCE

For these measurements, a tailor's tape measure is the best. They can be found in most regular sewing kits. Bare skin is best, of course, but a thin t-shirt will do just fine if you prefer.

For women, measure the circumference of your waist at the place with the least width, where it “pinches” in.

For men, measure your waist circumference at a horizontal level around the navel. And resist the temptation to suck your tummy in.

To measure your hips, wrap the tape measure around your hips at the largest horizontal measure. This is only for women; men, you don't need to measure your hips.

To measure your neck circumference, place the tape below your larynx and sloping slightly forward. Don't flare or flex your neck. Just stay relaxed, and either check this in a mirror or ask someone to help with the reading.

