



## Measurements

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It is impossible to know what kind of progress you are making unless you first take some measurements first. The most common ways to measure for weight management are body weight, circumferences, and body fat percentage.

### ***Body weight***

- Don't weigh yourself everyday-if you use the scale everyday, you can become frustrated by the slow change that happens in such a short time.
- Weigh yourself at the same time of day-Our body weight changes throughout the day, so for consistency use the scale at the same time.

### ***Circumferences***

Measuring the same location with the same cloth measuring tape will help you see what progress you are making, even when the scale doesn't show much of a difference. For consistency, always use the right side of the body.

- Arm—Measure halfway between the bony part of the shoulder and the elbow
- Waist—Measure just above the belly button, or at the same height as the top of the hip bones
- Thigh—Measure halfway between the bony part of the hip and the knee joint
- Calf—Measure the thickest part of the calf, roughly halfway between the knee and the ankle.

Pull the cloth measuring tape tight enough to measure, but don't overtighten. If the tape is pushing the skin in, it is too tight.

### ***Body fat percentage***

There are a number of ways to measure body fat, many tests can be done at a local gym or physician's office. Some body fat tests include:

- Underwater weighing—one of the most accurate, this test has you weighed underwater while resting in a special scale. Universities and specialized fitness centers have this test.
- Calipers—one of the most common tests, you can find this test at most gyms. This test uses a small device that lightly pinches a section of skin and fat on the arm, waist, and thigh for its measurement.
- Bio-electrical impedance—A test that is much more common, it also isn't as accurate as the other methods. It is much less personal and faster to perform. You can find this test in many gyms and even certain types of scales use this method. In this test, you either hold or stand on a small device that sends a safe, small electrical pulse that you cannot feel through your body to determine fat %.

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### Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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