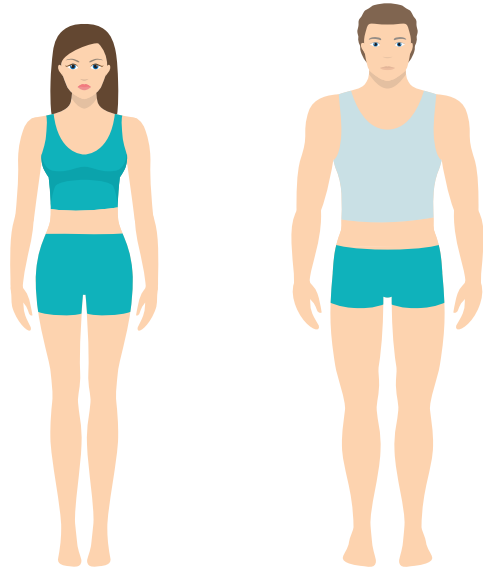
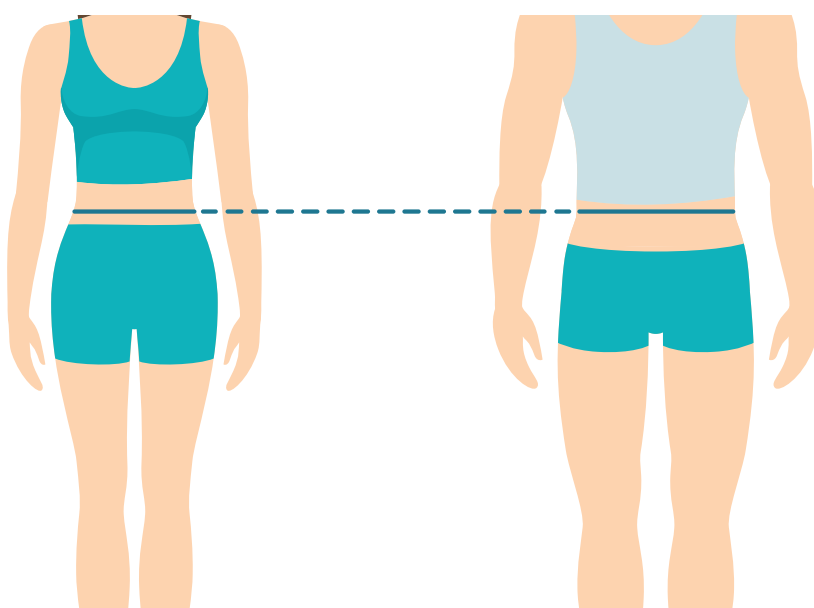


So I learned I was doing this wrong...

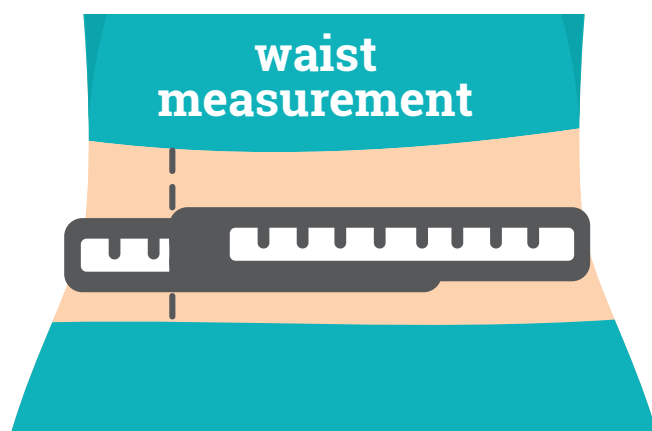
As if it is not fascinating enough to learn that you have been doing something wrong your whole life, but this is even more shocking when you find this out on social media. I was this many days old when I learned that measuring your waist circumference is not as easy as it looks. So here is the low down on how to do it right...



- 1 Stand up straight in a relaxed position with your feet shoulder width apart. Clear belly region of all clothing.



- 2 Locate the top of your hip bones. Wrap the soft tape measure just above the hip bones.



- 3 Hold the tape measure flat against your body, not too tight, and take the reading.

Crazy right? We often just naturally want to measure the smallest or biggest parts of our waist but you now know that's not right! Keep in mind there are other factors that affect your body composition, for example: water intake, salt consumption, stress, etc. Don't be discouraged if you do not see immediate changes - slow progress is still progress!

