

THE SCALES ARE ONE WAY OF DETERMINING SUCCESS IN WEIGHT LOSS, BUT THE SCALES ARE JUST A NUMBER, AND ARE NOT THE ONLY WAY TO DETERMINE YOUR SUCCESS. AT JENNY CRAIG WE LIKE TO FOCUS ON OTHER WAYS TO HELP MOTIVATE YOU. SOMETIMES, RECORDING MEASUREMENTS CAN BE A MORE VISUAL MOTIVATION THAN THE SCALES.

Below are some instructions on how you can take your own measurements at home and keep track of your success!

- You may need to ask someone to help take your measurements for you.
- We recommend taking your measurements every 4 weeks, as the rate of change is slower than that seen on the scales.
- Men and women's body compositions are quite different to each other.
- During weight loss, male and female bodies lose weight from different places. For this reason, we suggest males and females measure themselves a little differently.
- All measurements will need to be taken while you are standing up straight.

BUST/CHEST (MALE AND FEMALE)

- Place the measuring tape over the outer most part of the bust/chest. Ensure the tape measure is positioned straight across your back and bust.

UNDER BUST (FEMALE ONLY)

- Place the tape measure just below the 'bra line' and pass it you under their arms and around. Ensure the tape measure is positioned straight across your back.

WAIST (FEMALE ONLY)

- Place the tape measure around your waist.
- In most cases this will be the narrowest area of the mid-section. An easy way to determine this point is to have a look in the mirror straight on and visibly point out the smallest part of the torso. This measure should be halfway between the 'bottom of the ribs' and the 'top of the hip bone'.

ABDOMEN (MALE AND FEMALE)

- The abdomen is the largest section of the stomach/torso area.
- In most cases this area will be close to your belly button. Ensure the measuring tape is wrapped around your body in a straight line across your back and abdomen.

HIPS (FEMALE ONLY)

- The hip measurement is the largest area of the buttocks.
The best way to determine this is to have a look in the mirror to find this point and measure along that point.

UPPER THIGH (FEMALE ONLY)

- Visualise the largest part of your thigh. Measure directly from the floor to this area to create a 'measure point'. Make a note of this point where you will be recording your measurements to ensure the measurement is taken in the same spot each time.
For example, the floor to the largest part of you thigh is '70cm'. Every 4 weeks measure '70cm' up from the floor and take the circumference of the thigh at the measure point.
- The measure point is to be used every time record the thigh measurement.
- Measure the circumference around the thigh at the measure point.
- Ensure you measure the same leg each time.

UPPER ARM (FEMALE ONLY)

- To begin, bend you elbow at a 45-degree angle.
- Find the mid-point of your upper arm by measuring the halfway point between your shoulder tip (acromion) and the tip of the elbow (olecranon) – see diagram.
- Make a note of this point where you will be recording your measurements to ensure the measurement is taken in the same spot each time
- Then relax your arm so it hangs freely to the side.
- Place the measuring tape around mid-point of the arm and wrap the tape around.
- Ensure you measure the same arm each time.

