



Inverness Boot Camp

Taking Your Measurements

Your Measurements and What They Mean

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Taking Your Measurements

Before and After Photos

Your before and after photos are an important step to allow you to see the progress you are making with your body transformation. Wearing only a swimming costume or minimal clothing that shows your figure simply take a photo from the front, side and back. Try to relax and stand naturally. These need to be taken before Boot Camp begins and again at the end. You might not like it but you will thank me for it afterwards when you compare the two!

Measurements

Chest	Using a tape measure, standing up straight and relaxed and measure around the nipple line. Breathe out naturally, without forcing it and take the reading.
Waist	Measure around your waist directly level with your belly button. Stand relaxed, don't suck it in.
Hip	Measure around your backside and hips at the very widest point. Ensure the tape is straight and parallel to the floor.
Thigh	Stand with your arms hanging naturally at your side then touch your thigh with your thumb. Measure around your thigh at this point.
Arm	Stand with one arm out to the side and placing the tape over your upper arm measure half way between your elbow and shoulder.
Reach	Sit with your back against a wall, legs straight out in front of you, feet approx. 6 inches apart. Push your backside as close in to the wall as you can. Leaning slowly forward, with both hands place a marker on the floor between your legs without bouncing. Stand up and measure from wall to marker to determine your flexibility.

BMI – Body Mass Index is a measure of your weight relative to your height. This can be used as a guideline as to whether or not you are overweight.

$$\text{BMI} = \text{Weight(kg)} / \text{Height(m}^2\text{)}$$

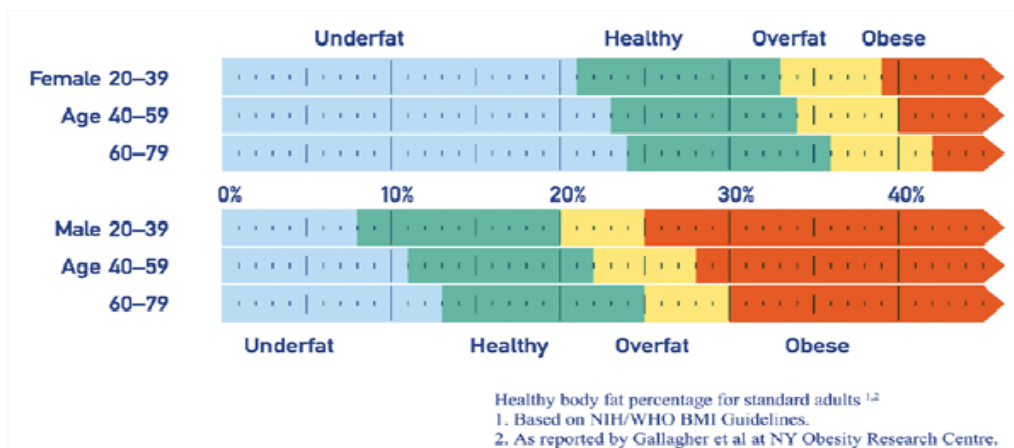
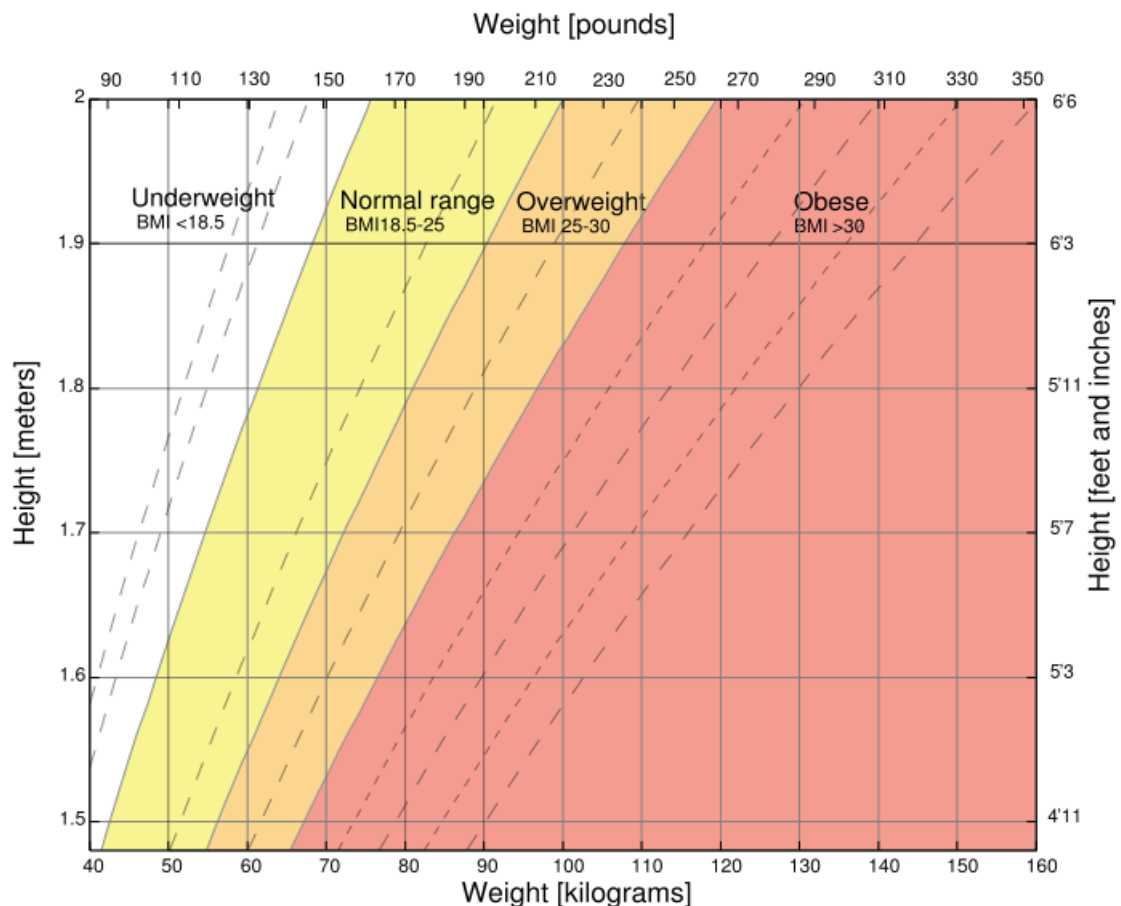
W/H ratio – Waist to hip ratio is a measure of fat distribution on the body. A higher W/H ratio indicates there is more fat stored in the abdomen relative to hips and buttocks.

$$\text{W/H ratio} = \text{Waist(cm)} / \text{Hips(cm)}$$

Waist/Hip ratio, Bodyfat Percentage and BMI

[Risk Factors]

Waist to Hip Ratio Chart		
Male	Female	Health Risk Based Solely on WHR
0.95 or below	0.80 or below	Low Risk
0.96 to 1.0	0.81 to 0.85	Moderate Risk
1.0+	0.85+	High Risk



Fit 'n' Lean Fitness Assessment (Measurements)

Name: _____

Age: _____

	Date											
											TOTAL	
	Imperial	Metric	Imperial	Metric	Imperial	Metric	Imperial	Metric	Imperial	Metric	Imperial	Metric
Height inch/cm												
Weight lb/kg												
BMI												
Blood Pressure												
Resting HR												
Upper Arm in/cm											X2	X2
Thigh in/cm											X2	X2
Chest in/cm												
Waist in/cm												
Hip in/cm												
W/H ratio												
Hip skinfold mm												
Body fat %												
Reach												