

# TAKING YOUR MEASUREMENTS



It is best to take measurements with a cloth measuring tape and a full-length mirror. Wear lightweight clothing, or just undergarments for a more accurate measurement. You may find it easier if somebody else takes the measurements for you.

*shoulder* Measure from shoulder seam to shoulder seam.

*chest* Measure the fullest part of the chest all around the front and back.

*waist* Measure around the smallest part of the waist. The best way to find your waist line is to put your hand on one side, and bend to one side. This is your waist line.

*hips* Measure around the fullest part of your hip. If you're taking the measurement yourself, use a mirror to ensure the tape measure is level all the way around.

*inside leg length* Measure from the highest point of your inside thigh to the bottom of your inside ankle. This measurement can be taken with a pair of pants.



## *Straight*

- Lean & athletic
- Average size bust
- Undefined waist
- Little or no curves
- Balanced frame



## *Hour Glass*

- Equal shoulders & hips
- Full size bust
- Very defined waist
- Curvy hips
- Full & curvy legs



## *Apple*

- Broad shoulders
- Full size bust
- Full undefined waist
- Narrow hips
- Thinner legs



## *Pear*

- Narrow back
- Average bust size
- Defined waist
- Curvy lower body
- Full thighs and calves



## *Rectangle*

- Linear physique
- Longer arms & legs
- Lower waist
- Long torso