



Your Vital Measurements

In the chart below, you can keep track of your vital measurements. This includes your BMI, weight, waist and hip circumference, and waist-to-hip ratio. These measurements give an easy and more accurate assessment of improvements in body composition than just weight alone. For most individuals, if you are losing weight around the middle, you are losing more fat mass and this is the weight that you want to lose!

Waist, Hips, and Waist-to-Hip Ratio

Take your **waist measurement** by wrapping a tape measure across your back just above the highest point of your hip bone. The tape should be horizontal to the floor and will usually lie across the abdomen just above the navel. The tape should be snug but not compress the skin and you should be breathing normally.

Measure your hips at their widest point. This should be right below the bones of your pelvis and around your buttocks. Again, the tape should be snug but not compress the skin.

To obtain your **waist-to-hip ratio**, divide your waist measurement by your hip measurement.

If your **waist-to-hip ratio** is over **0.8 as a woman or 0.9 as a man**, you have too much belly fat, which is a sign of insulin resistance and blood sugar imbalance.

Body Mass Index or BMI

To find your BMI, you can do either of these two things:

1. Use the following formula:

$$\text{BMI} = [\text{Weight in pounds} / (\text{Height in inches}) \times (\text{Height in inches})] \times 703$$

For example, if you are 5'8" (68 inches) and 165 pounds, your BMI would be calculated as follows:

$$\text{Your BMI} = [165 / (68 \times 68)] \times 703 = 25$$

2. Identify where you land on this chart:

BMI (kg/m ²) Height (in.)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
	Weight (lb.)													
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	167	191
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	287	328

To do this, simply scan down the column on the left to find your height. Then trace over to the column that is closest to your weight. The number at the top of this column is your BMI.

Again, let's use the example above to illustrate. Go down the column to 5'8". Then scan over to find the closest approximation to your weight. There is no listing for 165 pounds, but there is one for 164 pounds (this is close enough). If you look at the top of that column you will see the number 25. This is the same BMI measurement we identified using the formula above.

If you don't find your weight listed in chart above, find the closest approximation. This will give you a close enough estimate for your BMI.

BMI is a useful method for indirectly determining how much body fat you have. It helps you determine your "weight category" by comparing your height and weight against other people of different heights and weights.

Once you have identified your BMI, you can use the chart below to determine your weight category:

- Less than 18—Underweight
- 18–24—Normal weight
- 25–29—Overweight
- Above 30—Obese

Keep in mind that this is only one method for determining your weight category. It is not always definitive in and of itself. This is because it is based on what is considered a “normal” body type by most health professionals. Of course, what “normal” is varies a great deal from person to person. So don’t automatically assume you are obese if you score above 30.

Having said that, BMI is still an important factor to keep in mind and one we use at The UltraWellness Center to assess patients.

Here is the chart you can use to keep track of all your vital measurements.

Measurements	Date:	Date:	Date:
Weight (in pounds)			
Waist (in inches)			
Hip (in inches)			
Waist-to-Hip Ratio			
BMI			

Take your measurements **every 4 to 6 weeks**. It’s the best way to get a quantitative assessment of how much change you have experienced. Remember, you may be improving your body composition without it being fully reflective on a scale. These numbers together are what give you a more complete picture of your progress.