

Measurement Guide

How To Take Photos

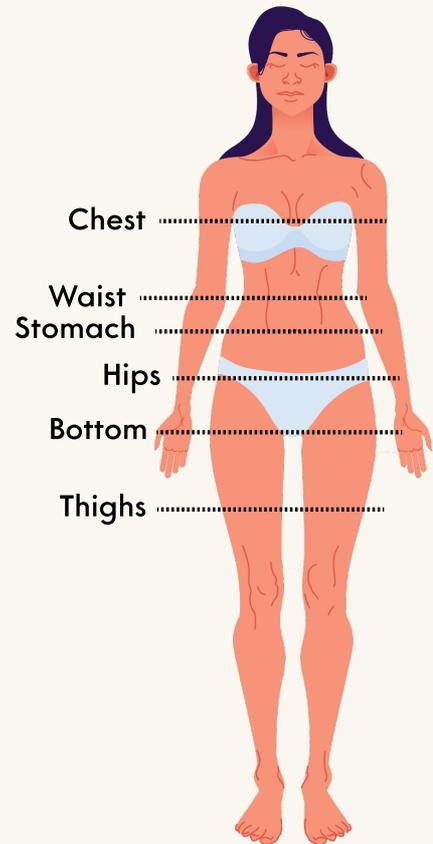
A great way to monitor and see your success is by taking photos. As they say, "A photo speaks a thousand words" and this can be so true when you are progressing and hopefully making changes, but struggling to see them on a day-to-day basis. A photo will show you your results and achievements and also how far you have come.

We always recommend that you take photos of yourself (or get someone to help you) from the front, side and behind. If there's no one around to help, use a full-length mirror instead. We also suggest wearing tight-fitting leggings and a vest or your swimsuit for your photos so that loose clothing doesn't obscure your view – you'll want to see any changes clearly!

How To Take Measurements

With many fitness plans you may be told to step onto the 'naughty step', aka, the scales! On a regular basis... Here at OYG, we advise you to take measurements instead. The reason for this is that our weight can change and fluctuate on a daily basis and there are many factors that affect it, such as a female's monthly cycle, hydration and many more. Taking measurements can help you see where you are dropping, or gaining inches and this, in turn, can help with motivation and adherence. For more information about this topic, why not check out our blog, '[Why it is Time to Ditch the Scales](#)' Whenever you take your measurements, make sure you're always taking them at the same point on your body so that you can track your progress properly. Here are our tips on taking measurements so that you know you're getting them right.

If you're taking your own measurements, do so in front of a mirror to ensure the tape sits straight and tight rather than too high, too low or too loose. Also, try not to look down at the tape and instead look straight ahead into the mirror to read your measurements. Looking down can alter the measurement meaning that you won't have an accurate reading.



Chest – Measure around your mid chest (across your nipple line)

Waist – Measure around the narrowest part of your torso

Stomach – Measure around your belly button

Hips – Measure around your hipbones

Bottom – Measure around the largest part of your bottom

Thigh – Measure 8 inches up from your knee crease and at this point measure around the thigh



It's best to leave around 4-6 weeks between taking photos and measurements, so you can clearly see the change that has happened!



Don't forget to share your results with us in the [community](#). We love seeing how well you're doing!