

# How to measure

It is best to take actual body measurements as this is more accurate, avoid measuring over the top of clothes.

**Height** - With feet together, measure from the floor to top of head.

**Chest** - Measure at the fullest part under arms.

**Waist** - Measure around the narrowest part of waist

**Hips** - Keep feet together, measure around the fullest part of hips

**Inside leg** - Measure from the top of inside leg to where you would want trousers to finish

