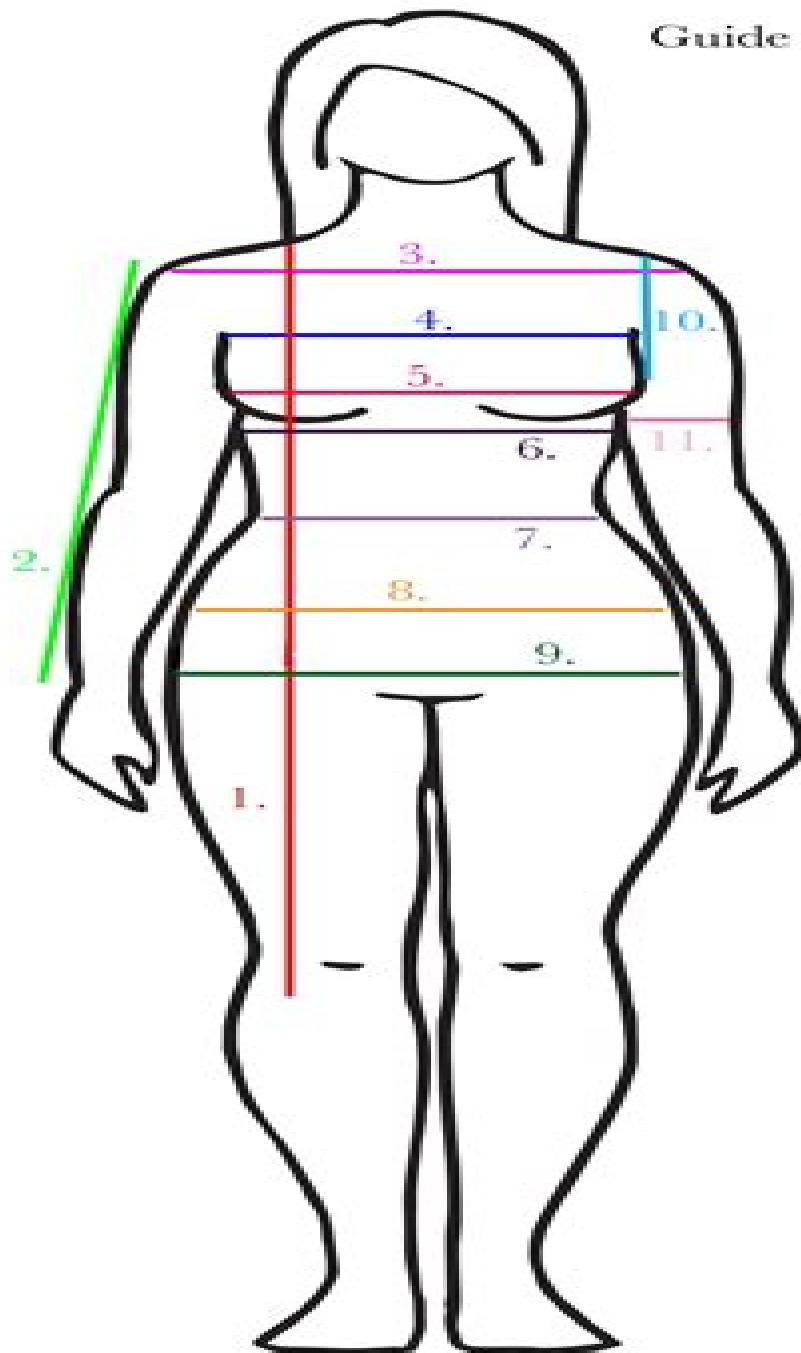


Guide for Taking Female Body Measurements



1. _____
Required length of Coat / Jacket
2. _____
Sleeve length
3. _____
Shoulders - measured at the back,
from the knobbly bit!
4. _____
Upper chest (above bust)
5. _____
Full bust
6. _____
Under bust
7. _____
Waist (narrowest part)
8. _____
High hip
9. _____
Hips (fullest part)
10. _____
Armpit / Shoulder diameter
11. _____
Bicep (widest part)

Body Wraps Measurement Guide

M Woodhall



Body Wraps Measurement Guide:

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Official Gazette of the United States Patent and Trademark Office United States. Patent and Trademark Office,1999

The Complete Guide to Weight Loss Paul Waters,2014-11-03 In the Western world over 50% of the population is categorised as overweight or obese Many people join a gym or employ a personal trainer because they want to lose weight The obesity epidemic is continuing to grow and more clients are being referred to fitness professionals to help them lose weight and these clients often have very complicated relationships with food and exercise The difficulty for instructors and clients alike is that the weight loss business has brought with it a wealth of data and information to try to sift through ranging from good evidence based research to extreme fad diets Few know who to trust or where to start This guide cuts through the myths and provides straightforward down to earth advice that is not biased and can be easily implemented There is no single solution to weight loss and each person's journey is different This book is a toolkit of resources a one stop shop to use to help each individual achieve their goals and make weight loss a reality The Complete Guide to Weight Loss takes a holistic approach demonstrating how changes to mindset diet lifestyle and exercise routines can all be used to lose weight safely and effectively This is a practical book and includes goal setting forms exercise tests for clients example food diaries healthy food ideas recipe ideas functional and effective exercise programmes and links to additional resources This is the most comprehensive yet understandable book on weight loss available to fitness professionals and their clients packed with simple down to earth and easy to apply research based advice for a sustainable routine to lose weight safely and effectively

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