



## How to take your measurements

To take your own measurements for recording in your personal health centre, please follow these instructions.

### Height

It is best if someone else can measure your height for you. You may like to attach a tape measure to the wall, or make a small mark on the wall and measure later

- Remove your shoes and any head covering.
- Stand with your back to the wall and stand upright with your heels close to the base of the wall, looking straight ahead.
- A ruler or pen can be lowered onto your head until it just touches the scalp.
- Take the measurement to the nearest 0.5cm.

### Weight

- Before getting on the scales, remove your shoes and any surplus clothing such as jackets or jumpers.
- Remove any surplus weight from your pockets such as keys and coins.
- Stand on the scales without holding on to, or leaning on anything.
- Take your weight reading to the nearest 0.5kg.

### Waist

Use a dressmaker's tape measure for your waist measurement.

- Remove any surplus clothing such jackets, jumpers.
- While standing, relax your stomach and measure your waist at the narrowest point. This is usually at your navel, but not always.
- If there is no obvious narrowing measure halfway between your lowest rib and the top of your hip bone.
- Record your waist measurement to the nearest 1cm.

### Blood Pressure - Optional

Your blood pressure needs to be measured using a specific machine. You may ask your doctor, a pharmacist or site nurse to take your blood pressure. You may have access to a machine yourself. It is best if you can sit still for about 5 minutes before having your blood pressure taken. Ideally, blood pressure should be taken from your left arm. Sit with your back supported and arm resting on a table. There will be two numbers to record for your blood pressure – a systolic (the highest one) and a diastolic (the lower one) measurement. Please record both numbers.

### Cholesterol and Glucose - Optional

Your cholesterol and glucose readings need to be taken by a health professional – a doctor, a nurse, a pharmacist or a trained professional. You may have had a recent blood test in the last 6 months – you could enter these into your personal health centre. Otherwise, you will have to seek a health professional's assistance.

***For more information, please contact Ford Health 1300 660 986 or email [health@fordhealth.com.au](mailto:health@fordhealth.com.au)***