

MEASUREMENT HOW TO SOP

Typically, it is good to weigh the client first. They are eager to see results and this may remove some anxiety for them before going on to measurements.

Using the tape measure, you will follow the measurement sheet to determine which areas to measure trying to ensure the tape measure is at the same level all around the area being measured. The tape measure should lay around the area in a natural position to get an accurate measurement, therefore, never pull the tape measure tight when measuring.

Before starting, tell clients if there are any measurements that are off, to let you know so you can re-measure that area. For new clients, a little gain in inches can cause an emotional breakdown and lack of trust in our program. If the measured area is still off after a second time, ask another trainer to take the measurement.

When measuring, be sensitive about drawing attention or calling out a weight or measurement to avoid embarrassing a client. Try to talk to them away from other clients. For example, if you are taking a thigh measurement, determine what it is then stand up and in a soft voice tell the client what to write down.

Round up to the nearest quarter of inch for new clients and round down for returning clients. Instruct clients to write down .25, .50, or .75 instead of $\frac{1}{4}$, $\frac{1}{2}$ or $\frac{3}{4}$.

The following are the areas GYIS measures, how they should be measured and where the tape measure should be located:

How To Take Measurements

1. Chest - ask the client to raise their arms to the side and measure directly in the middle of the chest or the largest area. Ask them to lower their arms after the tape measure is around them. Face the front of the client to ensure you are in the middle. Hold the tape measure to the side under the arm if you do not feel comfortable holding it in front of their chest.
2. Stomach - ask the client to point to their belly button. Let them know we use this as a reference point to measure the same spot every time. Typically, this is the largest area of their abdomen.
3. Hips - ask the client to put their feet together (consistency) and measure around the largest area. If this is not obvious, measure at the midway point of their hips.
4. Arms - ask the client to relax their arm. The tape should be placed midway between the elbow and shoulder.
5. Thighs - ask the client to step their legs a part slightly and keep their weight evenly distributed on both feet. Bring the tape measure to the top most part of their thigh that can be easily accessed and bring the measuring tape level around to the outer thigh.
6. Neck - ask the client to look straight ahead and lift their hair if needed. Put the tape measure in the middle of the neck and bring it level around to the side.

Always be positive and emphasize the good results no matter how small. For new clients, tell by them how great their results are in just "X" amount of time since they started.