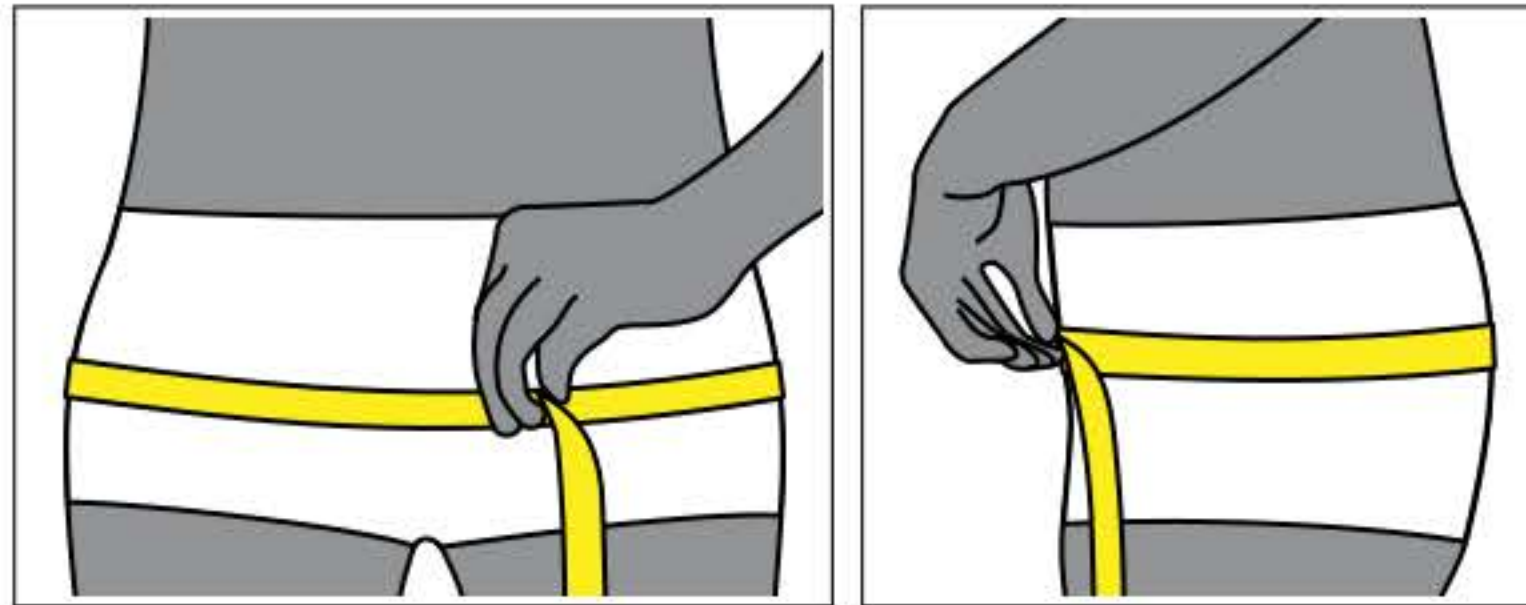# HOW TO MEASURE YOURSELF FOR A TRUSS

When taking body measurements, measure yourself over your bare skin or underwear, not over your clothes. Use a cloth tape measure, not a metal one. When you encircle your hips, make sure the tape measure is level and neither too tight (do not press in) nor too loose. Write your measurements down.

MEASURING YOUR HIPS

Measure the circumference of your hips as shown above. Start at one hip and wrap the tape measure around your rear, around the other hip, and back to where you started. Make sure the tape measure is over the fullest part of your hips and the largest part of your buttocks.

GF1600122RevA17