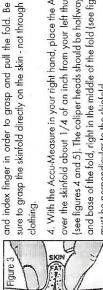
THE IDEAL WAY TO MEASURE BODY FAT USING THE ACCU-MEASURE® CALIPER

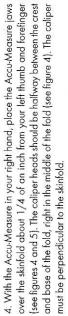
approach to the time-honored "pinch an inch" method and the most tried and trusted method of measuring body fat. The Accu-Measure caliper is designed to make this a very simple and Since the majority of fat on the body is located directly under the skin, a very efficient and practical way to measure your body fat percentage is skinfold measurement - the scientific accurate procedure that you can perform on yourself privately (or have someone perform for you, whichever you prefer). Although skistold measurement is technically simple to learn and perform, take some time to familiarize yourself with the correct procedure.

How to Take an Accurate Accu-Measure, Personal Body Fat Caliper Reading

- right hipbone. To find the suprailliac, put your left index finger which is located approximately one inch above the point of your on the point of your right hipbone and move up one inch (see 1. The site you will use for skinfold measurement is the suprailliac, figure 1).
- 2. Make sure the slide on the curved part of the Accu-Measure caliper is moved all the way to the right. Place the Accu-Measure caliper in your right hand.
- away from the muscle tissue (see figures 2 and 3). Note: If the site contains a 3. While standing, with your fingers about 2-3 inches apart, firmly grasp the Gently pull the skinfold away from your body. Pull the skin and underlying fat large amount of fat, you will need to increase the distance between your thumb suprailliac skinfold between the thumb and index finger of your left hand.



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Release the jaws of the Accu-Measure and read and record your measurement to the nearest millimeter. Return the slide member to the far right starting position so it is in place for your next measurement.

Figure 4



from your first reading, take another measurement, and record 6. Once you have taken one reading, take another measurement. If the second reading is more than 1mm apart the reading when it becomes most consistent.

Measurement Chart to determine your body fat percentage at 7. Refer to the appropriate MALE or FEMALE Body Fat the intersection of your age and millimeter reading.