



*The*  
**Mediterranean**  
*Way*   
Live life a new way

***Creating a New Way of Eating  
and a New Way of Life  
Tips for Weighing and Measuring***

# Creating a New Way of Eating And a New Way of Life

Before we even discuss tips, let's discuss **why** we should weigh and measure ourselves.

The first thing to say is that if you hate getting on the scales, you are not alone. **Lots of people hate getting on the scales and so just don't do it. Why?** Primarily because they don't like what the scales say. We can completely understand this, however, you've embarked on a new way of living and let us assure you to attain the results you want we have to keep a good grip on what's really going on.

Scales don't care what they say, they just weigh whatever is put on them, it's nothing personal. **They are just telling the story of today.** The fact is that you have the ability to change that story, **today.** This starts by recognizing the fact that your scales are empowering you to write a new story.



They are going to recall the twists and turns that happen over the next few weeks and months. They won't lie, they won't make excuses, they won't pander, they will be very honest with you. But most significantly they will support you and encourage you along the way and they will help to guide you back, should you go astray. Bet you'd never thought about scales like that had you? No, neither had we. This change in perspective though was crucial for success.

**Ok, ok, I'll get on the scales but why do I have to measure myself too????**

# Tips for Weighing and Measuring

## Why Take Measurements?

Well, because taking measurements as well, provides another part of the picture.

**Why?** Well, the scale only measures your weight - not your body composition. So if you're losing fat and gaining muscle, you're going to see a difference in the way you look - but it's totally possible the scale won't budge. And if you're relying solely on the scale to track your results, you may think you're not making much progress, when in reality you are.

Body measurements can show you the bigger picture and give your confidence a boost. It's nice to see the inches come off even when the scale doesn't signify much change.

## Tips for Measuring ?

Although there are obviously some differences between men and women, in general, both take their body measurements in the same spots. The most important thing is to ensure you're taking consistent measurements each time.

If possible, it's good to get someone to help with taking your measurements. So that you can standing tall, looking straight ahead with relaxed muscles and with your feet together. If that's not possible, take the measurements in front of a mirror so that you can check where the tape measure is whilst still looking straight ahead.



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## Tips for Measuring

When measuring, apply constant pressure to the tape (so it doesn't sag) without pinching the skin. Use a flexible measuring tape, such as plastic or cloth. To aim for consistency by measuring under the same conditions each time, such as wearing the same clothes or none at all.

The place to take some of these measurements will vary slightly from person to person and to ensure accuracy, take them in the same place on your body each time.

## Common Body Measurements (see diagram on next page)

1. **CHEST/BUST** - measure around fullest part
2. **WAIST** - measure around natural waistline, or over the belly button
3. **HIPS** - measure 20cm down from the natural waistline
4. **THIGHS** - measure around the largest part of each thigh
5. **UPPER ARM**- measure around the largest part of each arm
6. **NECK** - measure around the largest part of the neck

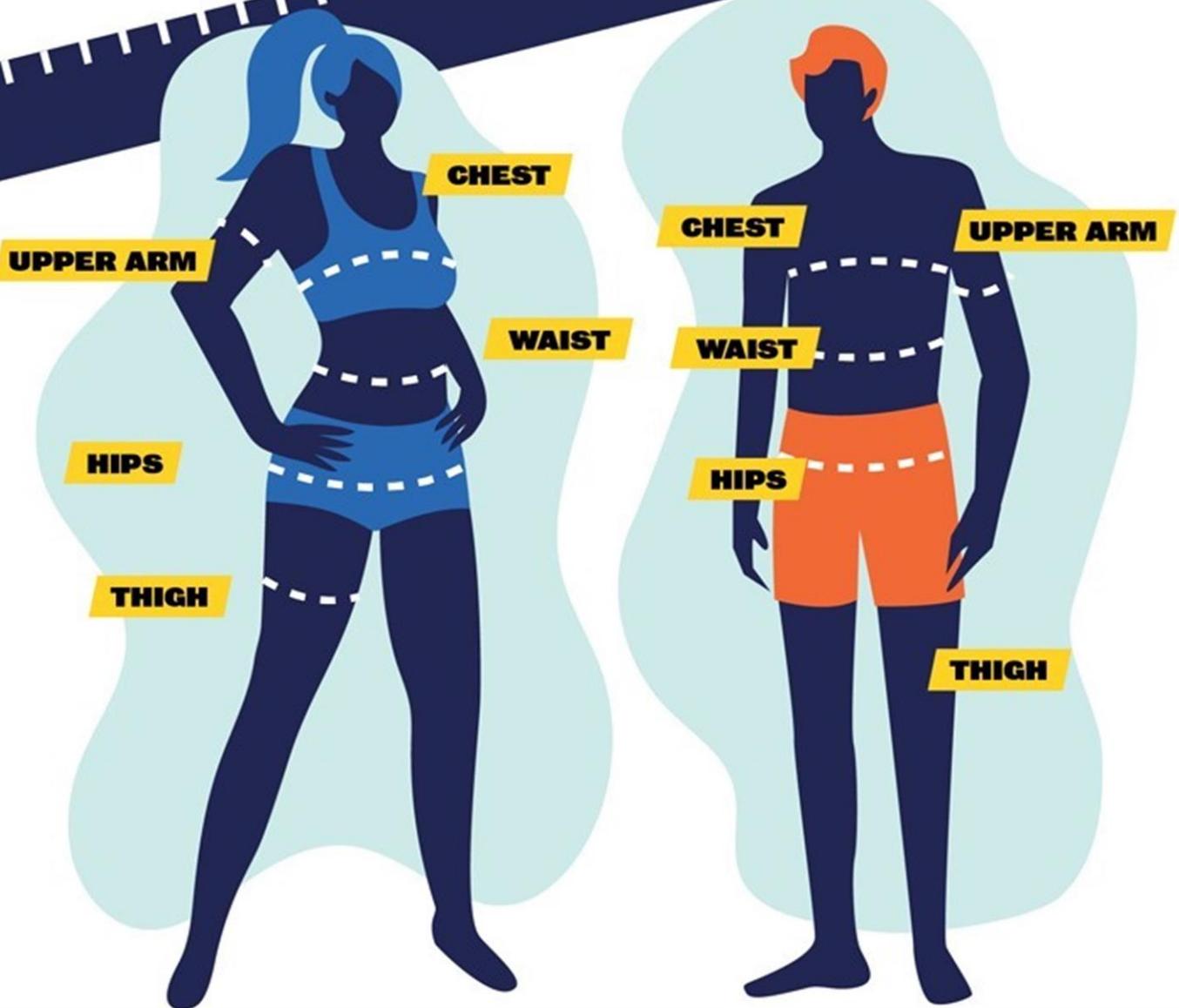
**How often?** Measure yourself at the start of your journey with the Mediterranean Way, then once a month. We recommend doing this the first week of the month, irrelevant of when you joined us.

**Finally, Photos.** We appreciate that some people hate having their photo taken, or looking at photos of themselves. However, dig out a photo of yourself that was taken recently (*to be honest, the more you dislike it the better!*) and keep it safe. Also take some photos of yourself in underwear, or swimwear, and a couple fully clothed. The idea is that as you lose weight you can replicate these photos to see your progress, and trust us, you'll be thrilled you did!

***Hope that helps, do just ask if you're not sure about anything***

# Tips for Weighing and Measuring

## HOW TO TAKE BODY MEASUREMENTS



# Contact Us



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