

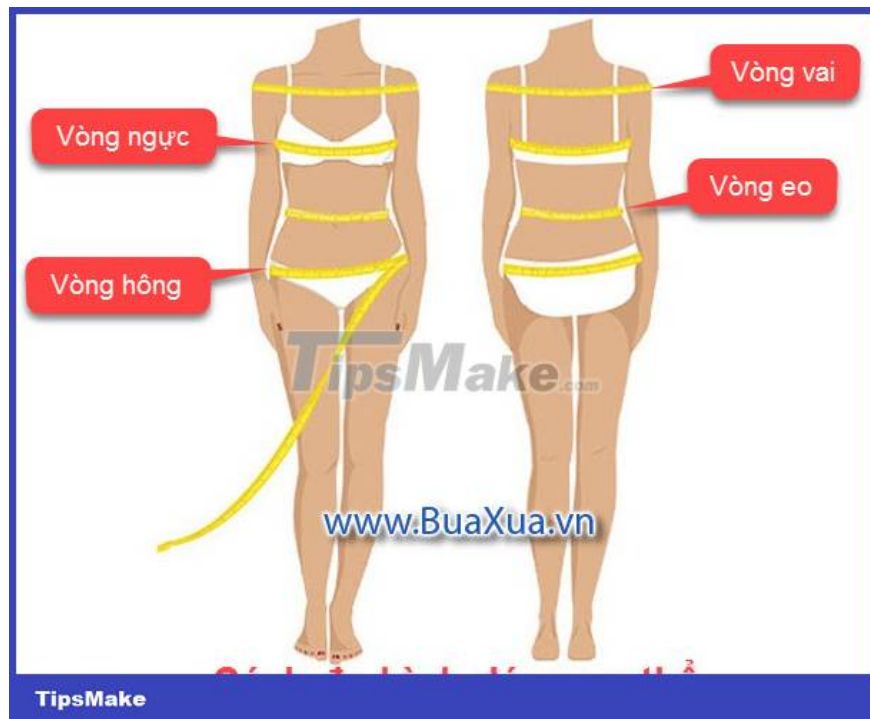
What is your body shape?

How to measure your body circumference to know what shape it has

Do you know what your body shape is? If not, it's time for you to know this because if you know what your body shape is, you will know the advantages and disadvantages of your body, it will help a lot in life and work. it's yours.

How to take measurements of the circumference of the body

Never guess or listen to anyone, even if you look in the mirror yourself, the mirror can deceive you. So get a tape measure and get someone to help you, because it's difficult to measure some areas of your own body.



How to take measurements of the circumference of the body first

How to measure shoulder circumference?

This is the hardest measurement to do yourself, so you should really ask someone for help. Place the tape measure on the end of one shoulder and wrap it around you until it touches the tip of the tape measure. This is the widest circumference of your shoulders.

2

How to measure bust

Stand up straight and wrap the measuring tape around your back and over the fullest part of your chest. Stretch the tape measure but do not change the shape of your breasts.

3

How to measure waist circumference

Wrap the tape measure around your torso, at the smallest part of your natural waistline. The ruler should wrap around your back and lie just above your navel.

4

How to measure hip circumference?

Hold the tape measure on one side of your hip, below your hip bone, at the fullest part of your hip. Then, keeping the ruler flat, wrap it around the largest part of your butt, your other hip, and return it to the tip of the ruler.

Body shapes

Now that you have your shoulder, bust, waist, and hip measurements, use those numbers to help determine your body shape.

Body triangle or pear shape



Body triangle or pear shape

Your hips are wider than your shoulders.

To be sure, check the numbers:

Your hip measurement is 5% larger than your shoulder or bust measurement. For example, if your shoulder measures 90cm, your hips are 95cm or larger

Body inverted triangle or strawberry shape



Body inverted triangle or strawberry shape

Your shoulders or chest are larger than your hips.

To be sure, check the numbers:

Your shoulder or bust measurement is 5% larger than your hip measurement. For example, if your shoulders measure 90cm, your hips will be 85cm or less.

Rectangular body



Rectangular body

Your shoulders, bust, and hips are the same size, with no defined waist.

To be sure, check the numbers:

Your shoulder, bust, and hip measurements are within 5% of each other. Your waistline is 25% smaller than your shoulder or bust measurements. For example, if your shoulder measures 90cm, your waistline will be 68cm or more.

Hourglass shaped body



Hourglass shaped body

Your shoulders and hips are the same size, with a very defined waist.

To be sure, check the numbers:

Your shoulder and hip measurements are within 5% of each other.

Your waistline is at least 25% smaller than your shoulder, hip, and bust measurements. For example, if your shoulders and hips measure 90cm, your waist circumference is 68cm or less.

So you know what your body shape is and one of the first things you need to apply is to change the way you dress to suit your body shape.

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