

How to measure yourself

Use a soft tape. Snug, not tight. Compare with each brand's own chart.

Chest / bust

Around the fullest part, under the arms, tape level across the back.

Mine: _____ in / cm

Waist

Around your natural waist, the narrowest part above the belly button.

Mine: _____ in / cm

Hips

Around the fullest part of your hips and seat, feet together.

Mine: _____ in / cm

Inseam

Inside of the leg from crotch to ankle. Easiest on a pair of leggings that fit well.

Mine: _____ in / cm

Underbust (sports bras)

Snug around the ribcage, just below the bust.

Mine: _____ in / cm

Foot length (shoes)

Heel against a wall, mark the longest toe, measure. Do it in the evening.

Mine: _____ in / cm

Between sizes? For compression gear, size up if you want comfort and down if you want support. Check reader fit notes on each product page.