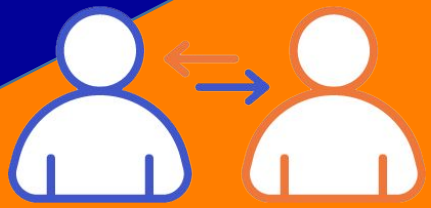
COACH JOHANN CSCS

Waist:Hip - what's it mean??
12.8.20



# Measuring your waist & hips

The three somatotypes are: ectomorph, mesomorph and endomorph.

You can combine these into hybrids.

Most folks are a mix of the two, which one are you? Maybe you have a sister. Which type is she? How true are the genetics? Is your immediate family endomorphs but cousins, mesomorphs? Do your siblings represent ectomorphs but maybe are heavy, looking like meso-endomorphs. It's a cool thought exercise.

| Waist-to-Hip Ratio (WHR) Norms | | | | |
|---|---|---|---|---|
| Gender | Excellent | Good | Average | At Risk |
| Males | <0.85 | 0.85–0.89 | 0.90–0.95 | ≥0.95 |
| Females | <0.75 | 0.75–0.79 | 0.80–0.86 | ≥0.86 |

Next, grab your tape measure and get the waist and hip ratio (along with other circumferences up and down the body.)

And this gives us again a chance to create accurate measurements that we later look for precise changes – change here is gradual.

We have to readjust our measurements.

We want to make sure that we don't invade the personal space of others and I think that's pretty obvious.

Our waist to hip ratio is an indicator of future health concerns and as a measure of obesity.

Go ahead and grab the tape measure: safest bet is going to be you can feel for the lowest rib or just look for the narrowest part of your trainees belly area and go slightly above the belly button so that the tape measure maybe touches the top of the belly button.

Record that number.

Do the same thing right around the butt and the hips at the widest part of the butt. This “widest area” corresponds to the anatomical landmark at the femoral head (top of your thigh). Record that number.

You're going to divide the waist, the top number by the bottom number and you're going to look for a ratio.

## Precision, precise precision

We are looking for precision. Say you measure and find get body fat percentages of 23% and a week later I find 24.85%, I can only assume precision after a few weeks. When those weeks pass and the number is 22.25%, I can assume precision. My methodology – my pinches, my landmark location, my recording – is precise.

But, is the number a hundred percent correct? Maybe, maybe not.

But the delta (change) describes high *precision*. And it can be accurate to high percent.

Practice!

# Resources

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👉*Intermittent fasting Breakdown*

👉*Carb cycle (advanced)*

👉*Courses & diet tutorials!*