



## Cardiovascular Health Program

Human Energy. Your Health.

# How to Take Measurements

## Data for your CRA Plus

### Weight

Weigh without clothing or wear minimal clothing with no shoes. Place the scale on a flat, hard, uncarpeted surface.

### Height

Remove your shoes. Stand as straight as possible against a wall with your heels touching the wall. Keep your head erect and your chin level with the floor. Ask someone to place a ruler on top of your head parallel to the floor. Mark your height and measure the distance from the floor.

### Waist Measurement

Use a flexible tape that does not stretch. Take measurements without clothing or in your underwear. Stand in front of a mirror to see that the tape is positioned properly. Stand very straight with your feet together. Do not compress the skin with the tape. Place the tape measure around your body in a horizontal plane at the level of your natural waist. This should be above your hip bone. Take the measurement with the abdomen relaxed, at the end of a normal breath (exhale).

### Typical Cholesterol Screening

Total, HDL, LDL, and Triglyceride levels are analyzed by a medical professional with a simple, safe finger stick test. You'll receive your results in just five minutes (unless otherwise noted). An 8 – 12 hour fast is preferred and yields better results, but is not required. You will be asked to indicate whether or not you fasted.

### Glucose

Glucose levels are analyzed by a medical professional with a simple, safe finger stick test. You'll receive your results in just five minutes (unless otherwise noted). An 8 – 12 hour fast is preferred and yields better results, but is not required. You will be asked to indicate whether or not you fasted.