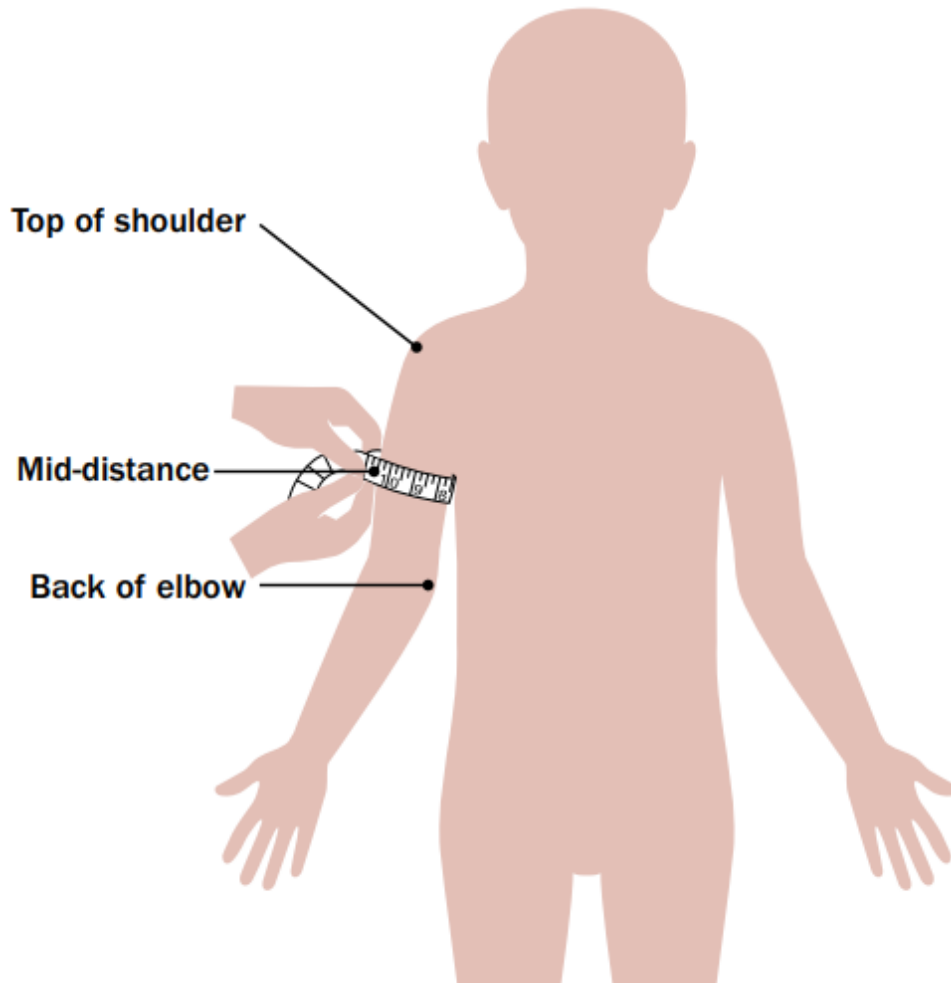


Arm Measurement Technique



1) Find the point between the shoulder and the back of the elbow (mid-distance) and **mark the skin** at this point

2) Find and **mark the skin** at same point (at the same level) on the other arm

3) **Check** that the points in both arms are at the **same level**

4) **Measure the circumference** around the points that you marked (mid distance)

5) Write down the circumference in centimetres