

# Height-weight ratios

## Women

Height (cm)	Small Frame (kg)	Medium Frame (kg)	Large Frame (kg)
147.5	46 - 50	49.5 - 55	53.5 - 60
149.5	46.5 - 51	50.5 - 56	54.5 - 61
152.5	47 - 52	51 - 57	55.5 - 62
155	48 - 53.5	52 - 58.5	57 - 63.5
157.5	49 - 55	53.5 - 60	58 - 65
160	50 - 56	55 - 61	59.5 - 66.5
162.5	52 - 57.5	56 - 62.5	61 - 68.5
165	53 - 59	57.5 - 64	62 - 70
167.5	54.5 - 60	59 - 65.5	63.5 - 72
170	56 - 61.5	60.5 - 65.5	65 - 74
173	57 - 63	61.5 - 68.5	66 - 76
175	58.5 - 64.5	63.5 - 69.5	67.5 - 77
178	60 - 66	64.5 - 71	69 - 78.5
180.5	61 - 67	65.5 - 72	70.5 - 80
183	62.5 - 68.5	67 - 73.5	71.5 - 81

## Men

Height (cm)	Small Frame (kg)	Medium Frame (kg)	Large Frame (kg)
157.5	58 - 61	60 - 64	62.5 - 68
160	59 - 62.5	60.5 - 65	63.5 - 69.5
162.5	60 - 62.5	61 - 66	64.5 - 71
165	61 - 63.5	62 - 67	65.5 - 72.5
167.5	61.5 - 64.5	63 - 68	66 - 74.5
170	62.5 - 66	64.5 - 70	67.5 - 76
173	63.5 - 67	66 - 71	69 - 78
175	64.5 - 68.5	67 - 72.5	70.5 - 80
178	65.5 - 70	68.5 - 74	71.5 - 81.5
180.5	66 - 71	70 - 75	73 - 83.5
183	67.5 - 72.5	71 - 77	74 - 85
185.5	69 - 74.5	72.5 - 79	76 - 87
188	70 - 76	74 - 81	78 - 89.5
190	71.5 - 78	76 - 82.5	80 - 91.5
193.5	73.4 - 80	77.5 - 85	82 - 94

## Measuring frame size using wrist measurement

	Small	Medium	Large
<b>Men</b>	< 15.25 cm	15.25 cm to 17.15 cm	> 17.15 cm
<b>Women</b>	< 14 cm	14 cm to 15.25 cm	> 15.25 cm
<b>Teen Boys</b>	< 14.7 cm	14.7 cm to 16.5 cm	> 16.5 cm
<b>Teen Girls</b>	< 13.46 cm	13.46 cm to 14.7 cm	> 14.7 cm

### How to measure

Wrap the measuring tape around the circumference of your wrist, just above the knobby bone, until it overlaps.

## Waist-Hip Ratio (WHR)

Take a tape measure and compare your waist measurement at the narrowest point, with your hip measurement, at the widest point.

The waist-hip ratio (WHR) is calculated by dividing the circumference of the waist by the circumference of the hips. For example, if your waist measures 80 cm and your hips measure 100 cm, your WHR would be  $80 \div 100 = 0.8$ .

### What is a moderate waist-to-hip ratio?

The World Health Organization (WHO) uses cut-off points, or maximum WHRs, to determine a person's risk of developing metabolic complications. The cut-off ratios are:

**Men:** 0.90 or less

**Women:** 0.85 or less