MAX WAIST BY HEIGHT

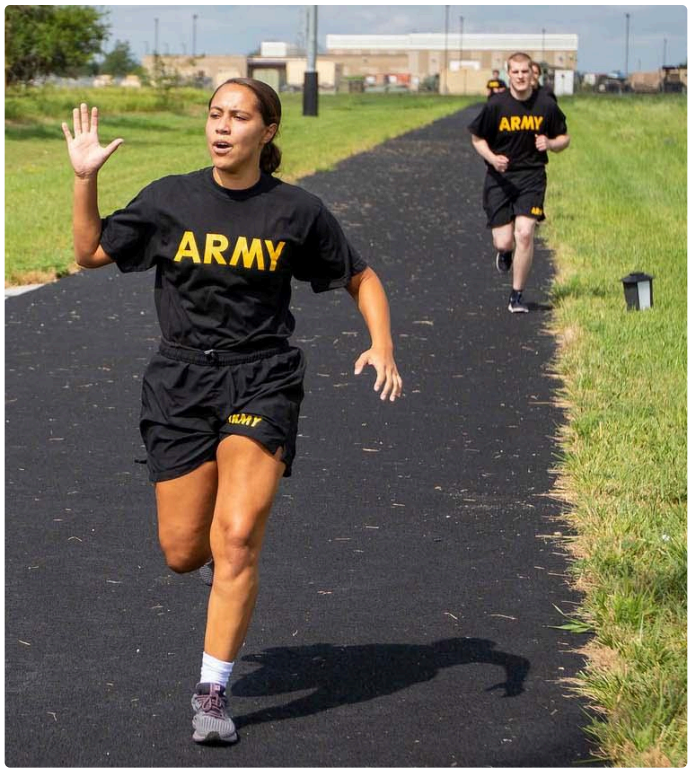
BODY COMPOSITION STANDARD: WAIST-TO-HEIGHT RATIO (WHTR)

HOW TO USE THIS CHART

1. Measure your height without shoes. Round down to the nearest half inch.
2. Measure your waist at your navel (belly button), with the tape level and snug.
3. Find your height below. Your waist must be under the number listed.

MEET THE STANDARD

To meet the standard your waist divided by your height must be less than 0.55.



HEIGHT	YOUR WAIST MUST BE UNDER
4'10"	**31.5"**
4'10½" – 4'11"	**32"**
4'11½"	**32.5"**
5'0" – 5'0½"	**33"**
5'1" – 5'1½"	**33.5"**
5'2" – 5'2½"	**34"**
5'3" – 5'3½"	**34.5"**
5'4" – 5'4½"	**35"**
5'5"	**35.5"**
5'5½" – 5'6"	**36"**
5'6½" – 5'7"	**36.5"**
5'7½" – 5'8"	**37"**
5'8½" – 5'9"	**37.5"**
5'9½"	**38"**
5'10" – 5'10½"	**38.5"**
5'11" – 5'11½"	**39"**
6'0" – 6'0½"	**39.5"**
6'1" – 6'1½"	**40"**
6'2" – 6'2½"	**40.5"**
6'3"	**41"**
6'3½" – 6'4"	**41.5"**
6'4½" – 6'5"	**42"**
6'5½" – 6'6"	**42.5"**
6'6½"	**42"**

Not on the chart? *Divide your waist by your height, both in inches. Under 0.55 meets the standard.*

THIS IS AN ESTIMATE, NOT AN ELIGIBILITY DECISION.

For the most accurate measurement and to understand your options, connect with a recruiter. **Talk to a recruiter at nationalguard.com**