

How Much Weight Do You Need To Lose?

Use the simple "Wrist Method" for a general idea of how much weight you need to lose. Here's how it works:

Wrap your wrist using your thumb and second finger.

If your fingers overlap.....Small Body Frame

If your fingers touch.....Medium Body Frame

If your fingers don't touch.....Large Body Frame

SUGGESTED WEIGHT CHART FOR MEN			
HEIGHT	Small Frame	Medium Frame	Large Frame
5'2"	128-134	131-141	138-150
5'3"	130-136	133-143	140-153
5'4"	132-138	135-145	142-156
5'5"	134-140	137-148	144-160
5'6"	136-142	139-151	146-164
5'7	138-145	142-154	149-168
5'8	140-148	145-157	152-172
5'9"	142-151	148-160	155-176
5'10"	144-154	151-163	161-184
5'11"	146-157	154-166	161-184
6'0"	149-160	157-170	164-188
6'1"	152-164	160-174	168-192
6'2"	155-168	164-178	172-197
6'3"	158-172	167-182	176-202
6'4"	162-176	171-187	181-207

SUGGESTED WEIGHT CHART FOR WOMEN			
HEIGHT	Small Frame	Medium Frame	Large Frame
4'10"	102-111	109-121	118-131
4'11"	103-113	111-123	120-134
5'0"	104-115	113-126	122-137
5'1"	106-118	115-129	125-140
5'2"	108-121	118-132	128-143
5'3"	111-124	121-135	131-147
5'4"	114-127	124-138	134-151
5'5"	117-130	127-141	137-155
5'6"	120-133	130-144	140-159
5'7	123-136	133-147	143-163
5'8	126-139	136-150	146-167
5'9"	129-142	139-153	149-170
5'10"	132-145	142-156	152-173
5'11"	135-148	145-159	155-176
6'0"	138-151	148-162	158-179