



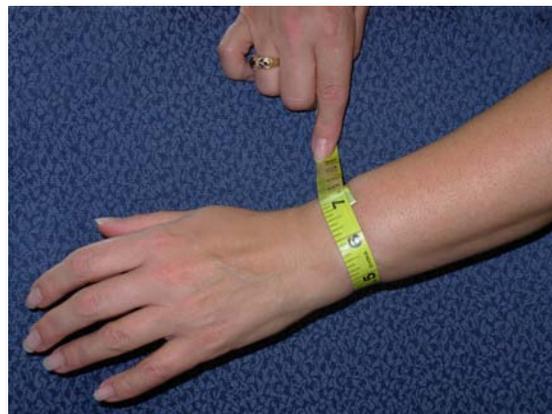
Determining Your Body Frame Size and Its Impact on Body Weight

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Learning Objective: Students will be able to calculate their body frame size and how that impacts their weight.

In this Coffee Break Training installment, we will look at how to calculate your body frame size. Body frame size is important in helping you determine your ideal body weight. Body frame size is calculated as small, medium or large.

There are several methods for determining your body frame size. In this Coffee Break, we will look at how to use your wrist circumference to determine your frame size. You can take a rough measurement of frame size by wrapping your thumb and index finger around your wrist at the point where you would wear a wristwatch. If your thumb and index finger overlap, you have a small frame. If your thumb and index finger touch, you have a medium frame. If your thumb and index finger do not touch, you have a large frame.



Graphic of a person's wrist indicating where to take the proper wrist measurement.

Your frame size can also be determined by taking a measurement of your wrist and comparing it to your height. The wrist measurement should be taken at the point where you would place your wristwatch. See the picture for a reference point. Now take your wrist measurement and compare it to your height on the chart below:

	Height	Wrist Size	Body Frame Size
Women	Under 5'2"	Less than 5.5"	Small
		5.5 to 5.75"	Medium
		Over 5.75"	Large
	5'2"-5'5"	Less than 6"	Small
		6 to 6.25"	Medium
		Over 6.25"	Large
	Over 5'5"	Less than 6.25"	Small
		6.25 to 6.5"	Medium
		Over 6.5"	Large
Men	Over 5'5"	5.5 to 6.4"	Small
		6.5 to 7.5"	Medium
		Over 7.5"	Large

For example, a woman who is 5 feet 7 inches with a wrist measurement of 6.75 inches would have a large frame. Why is frame size important? Frame size has an impact on your body weight, as a large frame weighs more than a smaller one. Your frame size can impact your weight by more than 10 pounds. Most weight charts provide a weight range. Knowing your body frame size helps you determine where your weight should fall within that range.

In the next installment, we will look at how to determine your ideal weight.

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