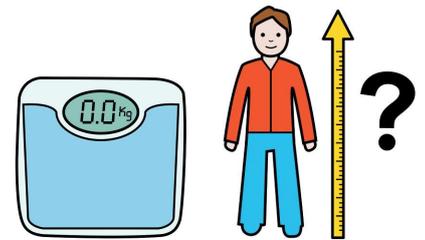
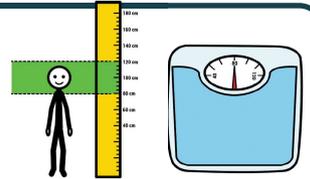


Checking Your Height and Weight

A visual guide



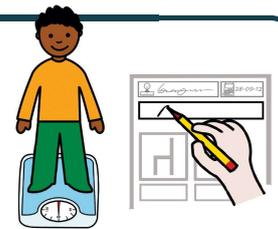
- There are scales to measure your height and weight.
- You can choose which to do first.



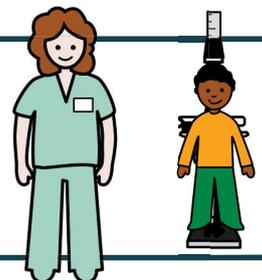
- You will be asked to take off your shoes and jacket before the measurements.



- You stand on the scales.
- Try to stand still and look forward.
- We will write down your weight.



- Then you stand on the height measure.
- We will ask you to stand with your feet together, legs straight, arms by your side with your back against the measure.



- We will gently place the measure on the top of your head to measure your height.
- We will write down your height.
- Then you can put your shoes back on.



- Let us know if you need any help or have any questions. We are happy to help.

