

Measure your body - Activity

Measure your body parts:

Body part	Estimation	Actual measure
Palm-span		
Hand-span		
Arm length – finger tip to nose		
Arm stretch – finger tip to finger tip		
Wrist - circumference		
Neck - circumference		
Length of foot – heel to toe		
Length of stride – heel to heel		
Height		

Are you a square or a rectangle?