

# Mr.Darcy says: Keep an eye on my waist.



## **UNDERWEIGHT:**

Ribs and hip bones protrude when viewed from above.  
Ribs and hip bones highly visible when viewed from the side.



## **IDEAL:**

Outline of ribs can be seen and felt.  
Visible waist when viewed from above.  
Belly tucked up when viewed from the side.



## **OVERWEIGHT:**

Ribs cannot be seen or felt.  
No waist visible when viewed from above.  
Distended stomach, almost to chest level when viewed from the side.