

How to measure mature men full body

When measuring, keep tape snug but not tight.

Neck:

Measure around the base of the neck allowing for a comfortable fit, or measure a shirt collar that fits you well. To measure a shirt, lay collar flat and measure from button to button hole at the far end.

Chest:

With arms relaxed at sides, measure around the largest part of the chest and shoulder blades.

Sleeves:

Measure from center back at neck base along shoulder and down arm to wrist with a slightly bent elbow.

Waist:

Measure around waist at narrowest point.

Inseam:

Measure from base of crotch down inside of leg to desired pant length.

Men's Tall:

Extra 2" added to body and 1 1/2" sleeve length

