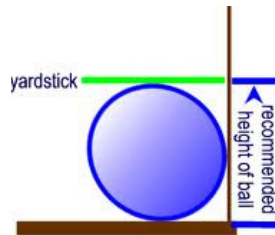


Measuring for Your WittFitt Stability Ball

The size of the ball is mainly determined by a person's height. However leg length and sometimes weight play a role as well. The chart below provides a 'rough' guideline for choosing the correct ball.

It is recommended that you contact WittFitt for sizing assistance.

Height of Individual [approx.]	Ball Size	Ball Color
38-44 inches	35 cm	Red
45-51 inches	42 cm	Green
51-63 inches	55 cm	Blue / Gray
63-72 inches	65 cm	Yellow / Gray
73 inches & up	75cm	Orange



Tips to remember when sitting on the ball

- Sit on the top [highest point] of the ball, as opposed to 'leaning' against the ball
- Hips should be slightly higher than knees
- Feet should be flat on the floor, shoulder width apart

SCHOOLS: When ordering a classroom set of stability balls, teachers will size their students using sample balls sent by WittFitt. Teachers will learn proper sizing through the training and videos provided in the School Program Package.