Intro to measuring (real time)

1. My height
2. Hand span (stretched wide)
3. Thumb tip to 1st knuckle (bent)
4. Wrist (bent) to elbow (bent)
5. Fingertips to elbow
6. Nose to outstretched fingertips
7. Arm span (stretch out both arms and measure fingertips to fingertips)
8. Shoe length