

I'm not a robot!



Find your Levi's® Waist Size

Size	Waist		Hip	
	cm	inches	cm	inches
22-23	57 1/2 - 62 1/4	22 1/2 - 24 1/2"	80 - 85	31 1/2 - 33 1/2"
24-25	62 1/4 - 67 1/4	24 1/2 - 26 1/2"	85 - 90	33 1/2 - 35 1/2"
26-27	67 1/4 - 72 2/5	26 1/2 - 28 1/2"	90 - 95 1/4	35 1/2 - 37 1/2"
28-29	72 2/5 - 77 1/2	28 1/2 - 30 1/2"	95 1/4 - 100 1/4	37 1/2 - 39 1/2"
30-31	77 1/2 - 83 3/4	30 1/2 - 33"	100 1/4 - 106 1/2	39 1/2 - 42"
32-33	83 3/4 - 91 1/2	33 - 36"	106 1/2 - 114	42 - 45"
33-34	91 1/2 - 99	36 - 39"	114 - 122	45 - 48"

Find your Levi's® Length

Height	Inseam	
	cm	inches
155 cm or shorter	71	28"
156 - 160 cm	76	30"
162 - 170 cm	81	32"
171 cm or taller	86	34"



Something went wrong. Wait a minute and try again. 5, 5, 5, 5, 5, 5 Levi's Shrink-to-Fit (a.k.a "STF") tends to reduce about 1-2 inches in life and 2-3 inches in length. Life stretches mostly, but inseam won't. I would suggest going true to size or to buy a larger size in life and two bigger size in seam. For more information, read our guide at 501 STF 30.5.5. There is no size fits-all when it comes to footwear (which would save us a lot of time on our shoes returns online). So, wearing a size eight in Docs doesn't necessarily mean you're the same size in shoes from other brands. We don't even have to get into the story about me filling these Marni shoes that were two sizes too big to make them fit! The breath seems stressful, but it doesn't have to be! That's why we're here and we couldn't be here anymore, about it. Apart from the brand, the material plays into the fit, as well as if the shoe is marked for "men" or for "women." Obviously, shoes don't have sex assigned at birth, so those measurements mean nothing in regards to which shoe you "should" wear. But, until brands stop categorizing their sizes according to a limited gender binary, it's helpful to know how to convert the sizes and how best to fit your foot as you shop. So if you're shopping for a new pair of shoes, whether it be oxfords, loafers, or sneakers, we're here to help. In this life, there's almost too many shoes and too little time to try them all on! Once you find a style that suits your taste, the next step is to ensure your comfort. Below are a few guidelines to finding the best fit. Keep reading for how to convert men's and women's shoe sizes. Knowing your companion shoe size can expand your options, not only in terms of style but also if you struggle with finding shoes that fit. This is especially true because "men's" shoes usually come in longer and wider styles, while "women's" shoes come in sizes that tend to be shorter and more narrow. A size nine in a "men's" shoe is not the same as a nine in "women's." However, the formula for converting those sizes from one to the other is relatively straightforward. To get your "men's" shoe size, subtract two sizes from the U.S. "women's" shoe size. From U.S. "men's" sizing, add to sizes to get to your U.S. "women's" size (i.e. a U.S. "women's" size eight is a U.S. "men's" six). Size conversion for sneakers is slightly different but still won't require that you whip out the calculator. From U.S. "men's" sizing, simply subtract a size and a half to determine your "men's" sneaker size. From U.S. "men's" sizing, add a size and a half to determine your size in U.S. "women's" sneakers (i.e. a U.S. "women's" size eight will find a comfortable fit in a U.S. "men's" size six and a half sneaker). Klaus Vedfelt/Getty There's no doubt that these conversion guidelines come in handy, but it's worth noting it's a rule of thumb and not an exact science. Shoe sizes can vary quite a bit from brand to brand and even between styles by the same company. Trying on a pair of shoes in the store is still the best way to nail the right size. But in case you can't go to the store or you've just succumbed to the convenience of online shopping. There's a solution: Simply measure your feet and then compare measurements against the shoe size chart provided on the brand's website. Keep in mind that it's not just about length, but width, as well. You might find you need to go down an additional half or full size if the shoe is too broad. If you can, consider ordering a pair of shoes in two different sizes to get the fit that's not too big and not too small, but just right. Make sure to check out the retailer's return policy first before you go ordering away (a lesson we learned the hard way). For the majority of Americans today, achieving or simply maintaining a decent level of fitness is a challenge, but for women turning 50, getting in shape can feel even more challenging. Today there are more weight loss programs, exercise equipment, and fitness routines to choose from than ever before, yet statistics remind us just how out of shape we are as a country. As difficult as it may seem, there are some simple and effective ways to stay fit after age 50. These five simple tips can help you get (and stay) fit at age 50 and beyond. Weight lifting may be the single best way for older women to maintain overall fitness and stop the slow creeping fat gain. Building strength with weight training is possible at any age, and some studies published in 2009 show women in their 70s building significant muscle by lifting weights 2 to 3 times per week.

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