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## How much is 1 square foot in inches

Krissy sits in her SoHo apartment. If you’ve ever been to one of the downtown Manhattan or Brooklyn studios of Sky Ting Yoga, you’re familiar with light, airy spaces including thoughtful woodwork, expertly curated products, and a perfect arrangement of plants. Stepping into the SoHo apartment of one of the cofounders, Krissy Jones, you instantly get the same impression. Almost four years ago, Krissy was living in Chinatown with her business partner Chloe Kernaghan, close to their flagship yoga studio. Her dream was to live on Lafayette Street—one of those wide streets in Manhattan that’s close to everything and full of life—plus, it would still keep her close to Sky Ting. “I think I found the last affordable building on that block,” Krissy says. She found that perfect “very old-school New York building.” “I’m very inspired by my friend Courtney Applebaum, she helps me pick out things,” says Krissy, who is a big fan of shopping via eBay—where she found the vintage yellow rug. While the 500-square-foot apartment had no frills, with no doorman and no elevator, the potential was there. Krissy worked with Nick Poe to reimagine and renovate the space. They took down most of the interior walls, tiled the bathroom, and added open shelving to make the most of the small space. Aside from using the space efficiently, Nick was keen on bringing as much natural light into the space as possible. One of Krissy’s best pieces of small-space-living advice: find a contractor to create custom pieces that fit exactly in your space. “I used to go on a lot of trips and found my best home pieces on retreats when I was in a town for a long amount of time, exploring the work of local artists,” Krissy says. “A lot of kitchen stuff from is from Mallorca.” The incredible mobile hanging above the dining table was a gift from a friend who knows her love of planets. Krissy’s editing skills continue even today. “After looking at your stuff for so long, I eventually added some doors and mirrors on the closets,” she says. “I got a new area rug—a brighter color—to lighten up the space. I’ve added more plants and a Molekule air purifier, since I was spending more time at home.” Having your bathtub in the kitchen is a very old-school New York part of the layout. Still, Krissy loves it. We also love the penny tiles she had installed around the bath and kitchen. With such tight quarters, Krissy is constantly taking stock and keeping everything tidy—essential when you can see everything at all times. “I’ve been going through all my stuff and getting rid of everything,” she says. She went through all the fancy clothes and shoes and that led to the rest of the home. “I’ve been going through all my kitchen stuff, extra linens—it’s been good to get to all those things on the checklist that I couldn’t get to before.” The mirrored closet doors were a more recent edit to give the bedroom area a less cluttered look and to add more light. “I love working with my friends in New York,” says Krissy when describing all her prized objects. Krissy’s home has gone through a lot of transitions, but the simple thing she comes back to every iteration: less is more.

Nathan Schroder This luxurious Dallas, Texas, retreat — in only 42 square feet — combines hotel chic and Japanese Zen. Amanda Reilly designed a bathroom whose effect is pure serenity. The Average Height of American Males is 5 Feet, 9 Inches In 2016, the Centers for Disease Control and Prevention (CDC) released a report that showed, among other things, that the average height for males in the United States is 5 feet 9 inches. This data came from the National Health and Nutrition Examination Survey that the CDC conducted between the years 2011 and 2014. The same report showed that the average height for American females is 5 feet 3 inches. Another study that was published in 2018 corroborated the report from the CDC. This study also showed that the height average height for American males remained consistent from 1991-2000 through 2015-2016. The study also revealed that the average non-Latin Americans white males are slightly taller at 5 feet, 9 1/2 inches while African American males stand 5 feet, 9 inches on average. Latin Americans and Asian Americans, on the other hand, stand 5 feet, 6 inches and 5 feet, 7 inches, respectively. Standing as Tall as Americans There are other countries where the average height for males is 5 feet, 9 inches. Among these countries include Canada. Several countries from Europe also have the same average height for men. These include the United Kingdom, Germany, France, and Bulgaria. Across the Pacific Ocean, Australian males stand 5 feet, 9 inches while New Zealand men stand slightly taller at 5 feet, 9 1/2 inches. Tallest Countries in the World A global study that was published in 2016 shows that the tallest men in the world come from the Netherlands. The study showed that as of 2014, the average Dutch males stand 6 feet or more. The same study revealed that women from Latvia, are the tallest in the world with an average height of 5 feet, 7 inches. Famous People Who are 5 Feet, 9 Inches Tall If you stand 5 feet, 9 inches tall, you are in the company of famous people who are as tall as you. These famous people include two geniuses, Leonardo Da Vinci and Albert Einstein. Benjamin Franklin, Leon Trotsky, and Che Guevarra also stood 5 feet, 9 inches tall. Other famous personalities who are or were 5 feet, 9 inches tall include Pope Francis, Michael Jackson, Justin Bieber, Robert Downey Jr., Paul Rudd, Jamie Foxx, Rudy Giuliani, and Boris Johnson.

History of Inch and Foot Measurements The inch and foot measurements are units from the English system that date as far back as medieval England. During the Anglo-Saxon period in England in 450 A.D., both the inch and foot units were already standards of measurements. What is even more interesting is that the inch (or "ynce") in this period measured three barleycorns, a unit of length that is so remarkably close to the modern-day inch. Several foot units were also used during the Anglo-Saxon era, with one of the foot units measuring 12 inches. Other influences on the English system came from the Normans who invaded England in 1066. The Normans, who had Norse, Viking, Frankish, and Gallic-Roman ancestry, added to the English system measurement with length units such as the rod and furlong. Apart from standardizing the 12-inch foot, the Normans likewise created the 3-foot units, which came to be known as the yard. Since a yard has 36 inches, 5 feet, 9 inches is almost 2 yards at 1.916 yards. When You Were Four Feet Tall On average, both boys and girls in the US are 48 inches or four feet tall between the ages of 6 to 7. The ideal weight for both boys and girls at this height should be between 36 to 60 pounds. From the age of 4, children normally grow at a pace of at least 2 inches per year until puberty. Pediatricians usually check the height of children at their regular checkups to determine if they are growing at a normal pace. How to Measure Your Child’s Height at Home For this simple process, you’ll be using a hardcover book and a pencil: Step 1: Choose a room in the house with a hard floor. Step 2: Make sure that your child is not wearing shoes, socks, and bulky clothing. Step 3: Make your child stand straight with his or her back against the wall. Their arms should be on the side and their heels touching the wall. Step 4: Have the child look straight ahead, with the head is not tilted up or down. Step 5: After making sure that the child’s feet are flat on the floor, place the book on his head. With edge of the book pressed flat against the wall, make a pencil mark on the wall where your child’s head touches the book. Step 6: Use a measuring to tape to determine the child’s height. Note it next to the pencil mark on the wall (or simply take note).

Understanding Growth Patterns Pediatricians encourage parents to take height measurements of their children once they start walking. Taking and recording measurements regularly will help you and your child’s physician establish a pattern of growth to track how your child is progressing. Growth specialists prefer at least 12 months of measurements to help them establish your child’s growth pattern. A clinical grown chart allows you to see what percentile your child is at compared to the heights of other children the same age. It will also be helpful to download a growth chart app on your smartphone or any other device where you can record your child’s progress. The app will help you track your child’s growth and compare his or her growth progression to a healthy child of the same build. The Inch and Foot Both the inch and foot length units are part of the British imperial system of measurement. This system is based on the old English units, the roots of which date as far back as 450 CE when Germanic tribes were invading England. During this period of history, Anglo-Saxon England used length measurements that are still used in the present day. The US customary units of measurements are largely similar to the imperial system, save for volume measurements. The following show how tall 48 inches is in other imperial system units. 48 inches = .66 fathom (1 fathom = 72 inches) 48 inches = .242 rod (1 rod = 16.5 feet) The furlong measures about an eight of a mile. There are exactly 165 four-foot lengths in a furlong. The Metric System Most countries in the world have shifted to the metric system of measurement. The US and the UK governments have also made efforts to promote the use of the metric system. This system of measurement is based on 10s, which means that the incremental units increase or decrease by 10. Length units in the metric system include millimeter (mm), centimeter (cm), meter (m) and kilometer (km). Below shows how tall 48 inches is in the metric system. 48 inches = 121.92 centimeters (1 in = 2.54 cm) 4 feet = 1.2192 meters (1 ft = 0.3048 m) An individual’s height is often declared in feet and inches when using the US customary system of measurement. Countries using the metric system usually declare an individual’s height in centimeters.

= 12 inches





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