

HOW TO FIT INTO CLOTHING THAT IS TOO TIGHT

FOR MEN

1 Wear newer shirts and pants.

Garments (especially shirts) that have been laundered repeatedly are smaller than their original sizes. These items may also have loose buttons that might be ejected during a meal.

2 Choose dark-colored garments.

Lighter colors are less forgiving visually, while darker colors tend to obscure bulges.

3 Move your collar button.

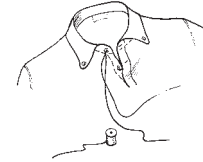
Many men carry extra weight in the neck and jowls. Remove and reattach your collar button, moving it to the very edge of the collar tab. Wear a standard tie (not a bow tie) to hide the alteration.

4 Wear suits.

Suits are very effective for hiding pounds. They even out lines and offer structure to the body shape. Choose a dark-colored suit with a boxy shape rather than one cut narrow through the chest and waist. Shoulder padding is slimming, and is a must to balance the hips. (Broad shoulders help to create the

For Men

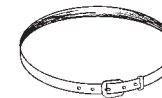
DO



Move your collar button.



Wear dark-colored, boxy suits.

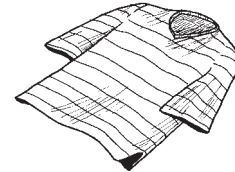


Use the proper belt notch.

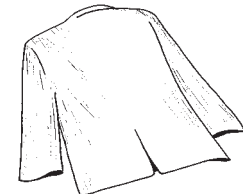
DON'T



Wear fitted shirts.



Wear horizontal stripes.



Wear single-vented suits.

ideal inverted triangle physique.) A suit jacket is also effective for hiding a large rear end: Choose a jacket with side vents/slits for extra room and comfort.

5 Move pants to below the belly.

Do not attempt to hike pants up and wear them high on the waist: This will result in an unsightly bulge, the pants may not close properly, and they will be too short in length. Wear them low on the hips, and use a jacket or loose-fitting shirt to conceal the gut.

6 Use the proper belt notch.

A belt should be worn in the third or fourth notch. Buy a longer belt rather than moving to a lower notch.

Be Aware

- Avoid fitted, knitted, polo-type tops, such as golf shirts. These garments accentuate what you want to hide.
- Avoid horizontal stripes, which widen your appearance.
- Avoid suits with a center vent in the back, which tends to ride on the rear end rather than fall over it.

FOR WOMEN

1 Choose classic-fit trousers and tunic shirts and blouses.

Even if a bit tight, these garments will fit better and look more appropriate than severely cut items. Blouses can be worn untucked, but only if they are cut straight across the bottom and not high on the sides. If you carry extra weight in your hips, avoid narrow-leg pants; instead opt for classic or wide leg styles.

2 Use safety pins on pants with side and rear closures.

Safety pins can be used to extend the waistband and may even be used in a chain of two or three. Wear a long jacket or over-blouse to hide the pins; take care in windy conditions.

3 Pick structured garments.

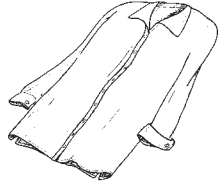
Jackets and cardigan sweaters that have a structured shape—even without you in them—hide pounds. Look for jackets that have shoulder pads, back seams that curve, and tapered sleeves. Unlike the boxy suits men should wear, women's suits should be tapered, giving the appearance of a slimmer waistline.

4 Layer tops and use tops as shirt-jackets.

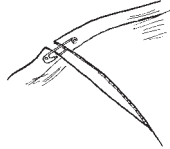
Blouses that are too tight when buttoned can be worn partially unbuttoned over a round-neck or turtleneck knit top. Leave the over-blouse unbuttoned down to a button above the waist; tuck the top and blouse into your skirt/pants for a slimming layered look. Add a jacket, or wear the blouse completely unbuttoned as a shirt-jacket if it is cut straight across the bottom.

For Women

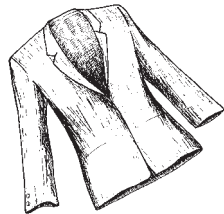
DO



Wear tunic shirts and blouses.



Use safety pins to close zippers.

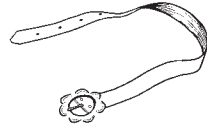


Wear structured garments.

DON'T



Wear spandex.



Wear flashy belts.



Wear bulky sweaters.

5

Choose monochromatic ensembles.

Wear dark suits, or pair a black skirt or pants with a black top or blouse. To maximize the slimming effect of dark, monochromatic ensembles, keep the darkest garment on the bottom. Place lighter shades of the same hue near your face.

6

Wear bright colors properly.

To wear bright colors and still look thin, pair them with dark neutrals. Wear black pants/skirt with a brightly colored blouse or knit top, topped off with a black jacket. Or choose a red jacket with a black top and black pants/skirt.

7

Draw attention to the face with striking accessories, stylish hair, and tastefully applied makeup.

Be Aware

- Avoid clingy knits and spandex. These materials keep no secrets and tend to draw the eye to bulges. Lycra creates some stretch in a garment and is far more forgiving than spandex.
- Before the holidays, purchase a few blouses and two pairs of dark pants that are one size too big. Wear them before the holidays and people will think you've lost weight. After the holidays, they will fit perfectly.
- Avoid drawing attention to the waist with flashy belts over large shirts.