

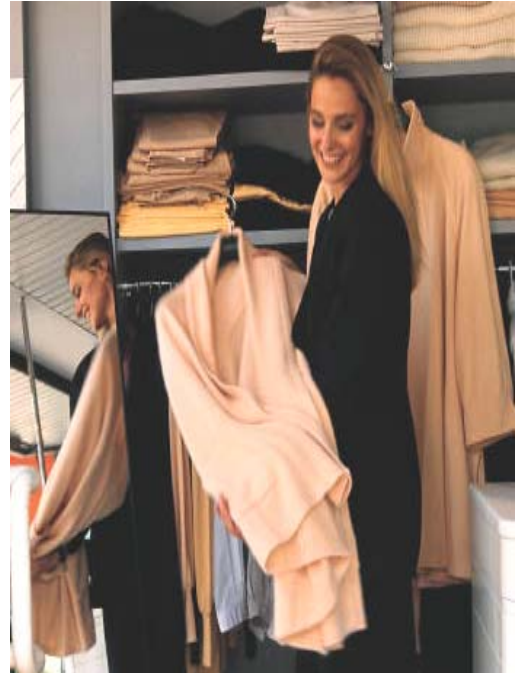
what not to wear!

Reaching your goal weight is a fantastic achievement and you definitely deserve to spoil yourself with a few new items of clothing!

It is important that you dress to suit your changing body shape as you start to lose weight on your Quick Loss Program. Why hide your weight loss success behind your 'big' clothes?

When you're losing weight, you'll need a few essential pieces to fill in the gaps. Look for easy knits with a nice drape and simply constructed pieces that will take alterations easily. Use layers to conceal; colours and interesting details to play up your good points.

Remember that it's not all about dressing to look smaller, it's about dressing in proportion. The key to looking your best is to direct attention to your best features.



Colour: Use colour to bring attention to your best features. In general, darker colours are more slimming and monochromatic colours will make you look slimmer and taller.

Fabrics: Go for fabrics that are good quality and have a nice drape, move easily around your body and allow you to move around comfortably.

Tummy: When you have a bulging tummy you should detract from the middle part of your body. Stay away from tucked-in shirts, belts and front zippers on skirts and pants. Wear shirts that fall to the top of your hip bone or just above your tummy bulge. Draw attention to the top half of your body by wearing a V-neck top or some jewellery.

Waist: If your waist is short or you have not much waist at all, then you need to detract attention away from the middle part of your body. Don't tuck your clothes in or wear belts.

Hips and bottom: If you have large hips, thighs or bottom, wear darker colours on the bottom half and avoid clinging or stiff fabrics.

Chest: If you have a large chest, avoid loose clothes and necklaces that dangle down. Purchase a fitted jacket to emphasise your curves and elongate the neckline as well as bring the eye up to your face. If you have a small chest, wear fabrics with more texture and weight such as a ribbed t-shirt or top.

Remember, no matter what your body shape, you only look as good as you feel, so keep trying different clothes until you find the style that will make you smile!

Reference:

<http://fashion.about.com/od/lookbetter/>, <http://www.getgorgeousnow.com/page2.php>

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