

## FashionablyFIT

# WHAT CLOTHING IS RIGHT FOR YOUR *BODY SHAPE?*

by Paula L. Molino

IF "YOU ARE WHAT YOU WEAR," THEN WHAT ARE YOUR CLOTHES SAYING ABOUT YOU?

You work out to look good. But, did you know that the type of clothing that you wear can have a major effect on how your body is perceived? You CAN create the illusion of a better body by selecting the correct styles that will accentuate the positive and camouflage the negative.

Dressing right and dressing well is not about the amount of money in your wallet. It's learning to identify your individual body shape then dressing in styles that flatter your physique. Your less-than-perfect body will suddenly appear more attractive (although you secretly wish for bigger boobs, thinner calves or washboard abs).

### BODY GEOMETRY MADE SIMPLE

Your body shape is linked to six geometric shapes. The well dressed body aims for balancing out the figure so that the shoulders and hips are in line (the same width) with a carved out waistline (for women).



**Hourglass** - Lucky you - this is the ideal shape. Shoulder and hip width are the same, with a defined waist. This is the most balanced shape. Most clothing flatters this figure.



**Triangle** - Also known as the pear shape, the triangle body has shoulders that are narrower than hips. Focus on balancing the shoulders and hips so they appear to be the same width. Draw the eye upward towards the shoulders and face by wearing prints, light or bright colors on the top. Put less emphasis on hips by wearing darker colors on the bottom to minimize and make bottom appear smaller.



**Inverted Triangle** - Is the opposite of the triangle where as the shoulders are wider than the hips. Focus on balancing the shoulders and hips so that they appear to be of equal width. Draw the eye downward away from wide shoulders by wearing prints, light or bright colors on the bottom. To diminish shoulder width, place darker colors on top for contrast which balances the shape.



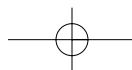
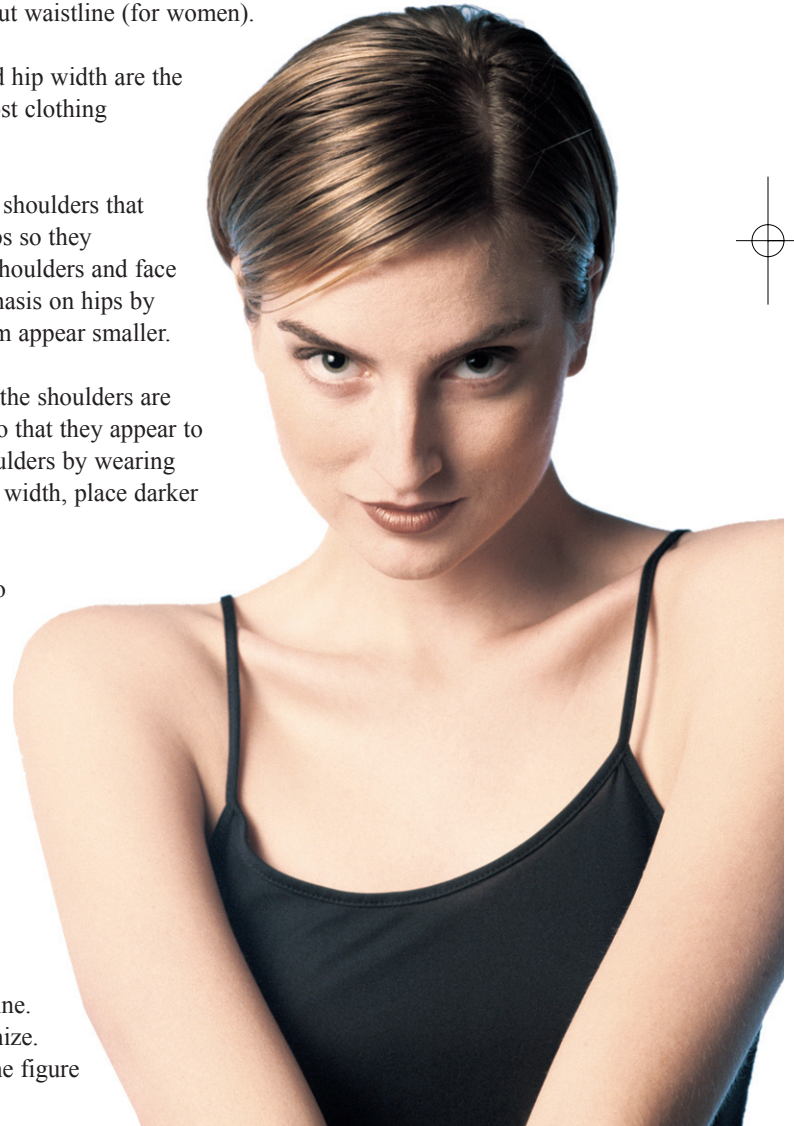
**Rectangle** - The shoulders and hips are the same width with no waist definition. Focus on carving out a waistline by wearing contrast colors, prints, stripes or designs placed at the waist. Curved style lines such as scooped pockets, rounded lapels, collars or jacket edges and swirling patterns soften the silhouette.



**Oval** - The shape is rounded with no definition of shoulders, waist or hips. Focus on elongating the figure and drawing the eye upward. Vertical style lines such as seams, piping, or stripes lengthen the figure. Geometric patterns contrast the roundness. To whittle out a waistline, wear contrast colors, prints or designs placed at the waist.



**Diamond** - Shoulders and hips are narrow, with a wider waistline. Focus on defining the waistline by wearing darker colors to minimize. Lighter colors will balance the shoulder and hip area. Lengthen the figure with vertical styling, pinstripes, zippers, long necklaces.



Selecting the ideal clothing is not only determined by the body shape but the shape of the face, height of the figure and width of the bust/chest, waist and hips. Necklines should be chosen based on the opposite shape of the face. A full face should wear V-necklines which draw the eye up and down and slims down the face. A petite and a tall person could have the same body shape but the rules to dressing would be adjusted based on their height. A small bustline can be enhanced and a large one can be minimized just by knowing which fashions to wear.

**HOW TO APPEAR SLIMMER OR TALLER:**

- **Wear darker colors** - Dark colors recede which make objects look smaller. (Light colors advance to make it appear larger).
- **Create a column of color** - Wear the same color from head or dress in monochromatic colors (light blue shirt, navy pants). Dressing head-to-toe in the same color palette draws the eye up and down which makes the figure look taller and more slender.
- **Reach up** - Create height by drawing the eye upward with zippers, pinstripes, princess seams, vertical stripes, single breast buttons, pendant necklaces.

**THE BEST LENGTHS:**

**Shirt or jacket** - Hemlines should fall at the hip bones and never at the widest part of the hips as it creates a horizontal line which draws the eye left and right.

**Skirt** - Just below the knee is the most flattering length as it elongates the leg. For longer skirts, the hem should fall at the

widest part of the calf. Remember the longer the skirt, the higher the heel to avoid looking truncated.

Even if your body is in transition due to a fitness plan, show off that new body. Don't rely on your "fat" clothes. Those baggy t-shirts and sack dresses will only make your body seem larger. Unless you want to go out of the house naked, you need to dress the body you have today. As you reach a weight milestone, buy a smaller pair of pants or a tailored shirt. It's a minimal investment to help you look great and you will be more motivated to work out.

**ONCE YOU'VE IDENTIFIED YOUR BODY SHAPE, YOU'LL:**

- Shop with ease because you'll know what styles to look for
  - Save time getting dressed because you will have the right mix of clothing
  - Save money on clothing because you have made correct choices
  - Feel good and gain confidence in your appearance
- "You are what you wear" will take on a whole new meaning when people compliment you, "Wow - you look great, did you lose weight?"*



Paula Molino is owner of Fashion Fix, a full service fashion consulting business ([www.fashionfix.com](http://www.fashionfix.com)), which specializes in wardrobe analysis, body shape and color assessment, closet organization, personal shopping and workshops. As a fashion expert, she is a QVC on-air guest host and has been featured on "10!" on Philadelphia's NBC 10. She has more than twenty five years experience in the fashion industry. Contact Paula at [pmolino@phillyfitmagazine.com](mailto:pmolino@phillyfitmagazine.com).

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| <p><b>St. Anthony's Triathlon</b><br/>ST. PETERSBURG, FL<br/>APRIL 27, 2008</p>   | <p><b>NEWTOWN</b><br/>HOLY FAMILY UNIVERSITY<br/>1 CAMPUS DRIVE<br/>SAT., OCT. 20 - 10:30 A.M.</p>   | <p><b>PHILADELPHIA</b><br/>UNIVERSITY OF PENNSYLVANIA MUSEUM - KRESS ENTRANCE, CLASSROOM 2<br/>3260 SOUTH STREET<br/>TUES., OCT. 30 - 6:30 P.M.</p>                            |
| <p><b>The New Jersey Marathon &amp; Long Branch Half Marathon</b> LONG BRANCH, NJ<br/>Run/Walk: Full and Half<br/>MAY 4, 2008</p>     | <p><b>PHILADELPHIA</b><br/>JEFFERSON HOSPITAL BODINE CANCER CENTER<br/>SIMON KRAMER CONFERENCE ROOM G312<br/>111 SOUTH 11TH STREET<br/>MON., OCT. 22 - 6:30 P.M.</p> | <p><b>BLUE BELL</b><br/>WISSAHICKON VALLEY PUBLIC LIBRARY<br/>650 SKIPPACK PIKE (RT. 73)<br/>TUES., OCT. 30 - 6:30 P.M.</p>  |
| <p><b>BMO Bank of Montreal Vancouver Marathon</b><br/>VANCOUVER, BRITISH COLUMBIA<br/>Run/Walk: Full and Half<br/>MAY 4, 2008</p>     | <p><b>CONSHOHOCKEN</b><br/>REI - 200 WEST RIDGE PIKE<br/>MON., OCT. 22 - 6:30 P.M.</p>   | <p><b>DOYLESTOWN</b><br/>BUCKS COUNTY FREE LIBRARY<br/>150 SOUTH PINE STREET<br/>TUES., NOV. 6 - 6:30 P.M.</p>   |
| <p><b>WEST CHESTER</b><br/>WEST CHESTER MUNICIPAL BLDG. - COUNCIL CHAMBERS<br/>401 EAST GAY STREET<br/>SAT., OCT. 13 - 10:30 A.M.</p> | <p><b>PHILADELPHIA</b><br/>CROWNE PLAZA HOTEL<br/>1800 MARKET STREET<br/>TUES., OCT. 23 - 6:30 P.M.</p>  | <p><b>KICKOFF PARTY - PHILADELPHIA</b><br/>THE LEUKEMIA &amp; LYMPHOMA SOCIETY #2 INTERNATIONAL PLAZA DRIVE<br/>RT. 291 &amp; BARTRAM AVENUE<br/>THUR., NOV. 8 - 6:00 P.M.</p> |
| <p><b>DOYLESTOWN</b><br/>HIGH ROAD CYCLES<br/>73 OLD DUBLIN AVENUE<br/>TUES., OCT. 16 - 6:30 P.M.</p>                                 | <p><b>BERWYN</b><br/>EASTTOWN LIBRARY &amp; INFORMATION CENTER<br/>720 FIRST AVENUE<br/>TUES., OCT. 23 - 6:30 P.M.</p>   | <p>*****</p> <p><b>WALK OR RUN, HALF OR FULL MARATHONS 100-MILE CYCLE RIDES, TRIATHLONS</b></p>  |
| <p><b>ABINGTON</b><br/>ABINGTON MEMORIAL HOSPITAL BEARWOOD AUDITORIUM<br/>1200 OLD YORK ROAD<br/>WED., OCT. 17 - 6:30 P.M.</p>        | <p><b>WAYNE</b><br/>HIGH ROAD CYCLES<br/>165 WEST LANCASTER AVE.<br/>WED., OCT. 24 - 6:30 P.M.</p>   |  |
| <p><b>NEWTOWN SQUARE</b><br/>THE RUNNING PLACE<br/>3548 WEST CHESTER PIKE<br/>WED., OCT. 17 - 6:30 P.M.</p>                           | <p><b>PHILADELPHIA</b><br/>CHESTNUT HILL HOSPITAL BOARD ROOM<br/>8835 GERMANTOWN PIKE<br/>MON., OCT. 29 - 6:30 P.M.</p>  |  |

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