

How to be Body Positive with A Helpful Body Shape Guide.

This is a tool to better understand your natural shape. Knowing just this one thing is the true key to successful dressing. We will go through the main body shapes and give you tips on how to flatter and enhance your figure. Obviously much more goes into creating a wardrobe that you are happy with, feel yourself in, and feel confident in wearing everyday on any occasion, but this guide is the start to hopefully making no more mistakes, and ultimately help you feel better in your clothes, and with your personal style.

There are 5 main body shapes, and several others that skew very similar, and you have probably heard of most, but you may still wonder what your true shape is. Some shapes are obvious to understand, while the hourglass and pear have some crossover. The most important key factor to understanding your shape is to know that you were born with it. Your frame does not change if you are short, tall, young, old, short or long waisted. Your shape will change slightly if you lose or gain weight and as we age, but your natural frame is still the same. This knowledge will help you tremendously when buying new clothes and editing out the old.

Apple

Slim Hips and Legs
Slimmer Arms
Good Bust
Carries Most Weight
Around the Middle
No Defined Waist
Flatter Bottom

Pear

Narrow Shoulders
Small Bust
Small Waist
Wider Hips and
Thighs (usually this
shape is 2 -3 sizes
different between top
and bottom)

Inverted Triangle

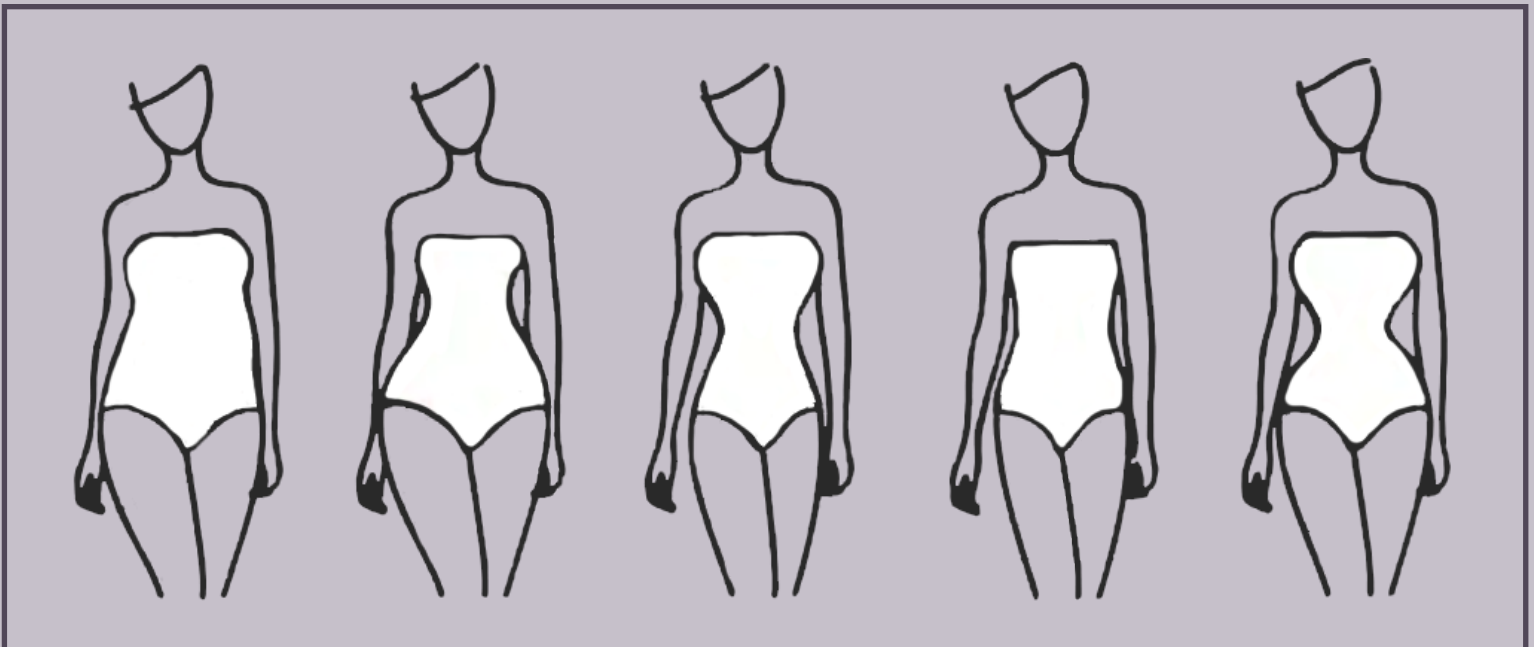
Broad Shoulders
Wider Waist
Slim Hips and Legs
Usually Thinner Arms

Column

Undefined Waist
Not Curvy
Smaller Bust
*Usually refer to a
column as longer limbed,
and a rectangle shorter
limbed, but body shape
doesn't change

Hourglass

Shoulders and Hips
Are in Proportion (can
be 1 size different)
Defined Waist
A Good Bust



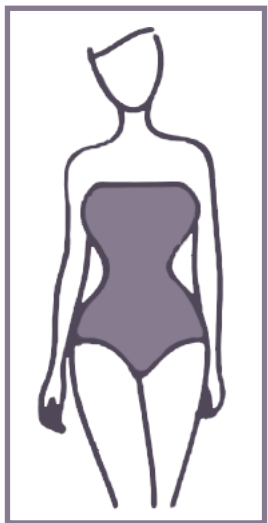
Now that you understand what shape you are, here are some tricks to help accentuate your natural figure and enhance the features you love!

Hourglass



ACCENTUATE YOUR WAIST
 CREATE BALANCE BETWEEN UPPER
 AND LOWER
 PAY ATTENTION TO LENGTHS, THE
 LONGER THE LENGTH THE LONGER THE
 BOTTOM HALF LOOKS, AND BALANCES
 THE BODY

*Think Salma Hayek, Sophia Vergara
 **Have fun with almost any neckline but pay attention to your sleeves, and where they end. Wherever your fabric stops are where the eye is drawn to. You do not want a large, flowy or too long a sleeve that hits you right at your widest part of the hip. Fitted sleeves, short sleeves, and ¾ sleeves are your best bets.

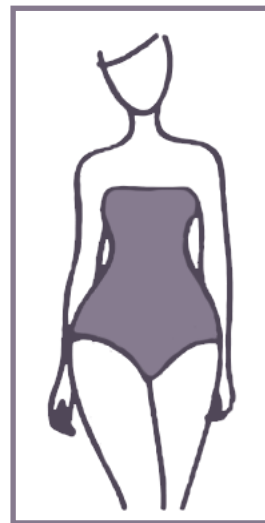


Pear



IDENTIFY YOUR WAIST
 CREATING BALANCE IS MOST
 IMPORTANT
 COLORS
 ACCESSORIES

*Think Jennifer Lopez, Rihanna
 **Create balance by larger sleeves or straight leg bottom. Draw attention up by use of colors and accessories.

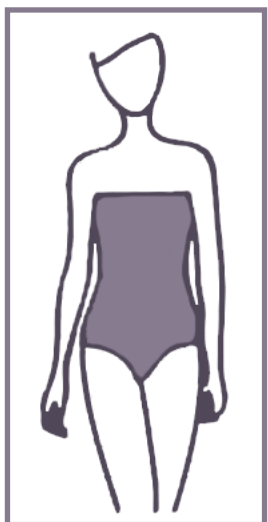


Column/Rectangle



DEFINE A WAIST
 PAY ATTENTION TO VOLUME
 USE OF COLOR AND PATTERN CAN
 HELP DEFINE A SHAPE

*Think Nicole Kidman, Kate Hudson
 **Think a fit and flare dress style silhouette, fitted to waist and fuller bottom. Peplum tops are good for this shape. Wide leg pants can work here with a more fitted top and belt.

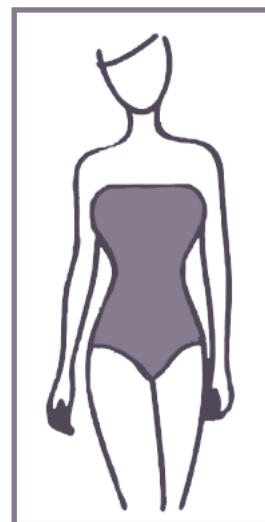


Inverted Triangle



SHOW OFF YOUR LEGS
 CREATE BALANCE BY LAYERING
 NECKLINES ARE IMPORTANT (DON'T
 COVER UP TOO MUCH)

*Think Cameron Diaz, Claire Danes
 **Do not go too big on top here or you will look bigger. Nice draping fabrics, rousing, and layers work well. Necklines are important here show a bit of skin vs. covering up with crew necks and turtlenecks.

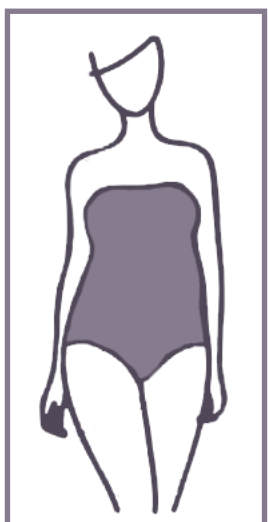


Apple



IDENTIFY WAIST
 SHOW OFF YOUR LEGS AND ARMS
 DRAPING STYLE TOPS, ROUGING,
 AND LAYERS ARE ALL GOOD
 SHOW A BIT OF SKIN ON TOP, DON'T
 COVER UP TOO MUCH
 A SLIMMER LEG PANT, DOES NOT
 HAVE TO BE SKINNY

*Think Oprah Winfrey, Catherine Zeta Jones, Angelina Jolie
 **Bonus for all! V-necks and scoop necks are universally flattering, just make sure as always, that they fit through the shoulder and bust to be the most flattering.



I hope this quick guide is helpful to you when thinking about your wardrobe and choices going forward. There are no definitive yes or no's here, the most important thing is how you feel when you look in the mirror. Please remember that being Body Positive is about accentuating the parts you love (or like) about your body, embracing them, not comparing your yourself to others, and owning the beautiful body you are in!