

FABULOUS FIT IS THE KEY TO LOOKING TERRIFIC.

Fit can be more important than style, fabric, color, construction or price. Fit is a state of mind as well as a state of physical being. The clothes you wear influence the way you think, feel and act and also the way people react or respond to you. When you wear clothing that doesn't fit right, you can't help but think about your body and appearance; because you feel physically uncomfortable or unattractive. Think about it, if you feel uncomfortable, how do you think that the people you're around feels? What vibes are you sending?

Wearing a size 8 when a size 10 is what you need demonstrates insecurity. It's like you're saying 'I don't like my body. I'm doing my best to make you think I'm smaller. This works in the opposite, because clothing that is too small or too tight makes you look even larger. If it feels tight-----it looks tight and if it looks tight it makes you look stuffed-in. Tight or ill-fitting clothes emphasizes figure variations you would rather no one noticed. This causes you to look out of balance and proportion. Clothing that's too large shouts, I've got something to hide, even on a full figure. No more muumuus.

Slightly loose fit- ease- is the only way to look thinner, trimmer, slimmer and perfectly balanced. Dress yourself in clothes that fit, clothes that slips easily over your body with room to move, and you can forget about your variations and concentrate on more important matters. You can go about your business, secure in the knowledge and feelings of self-confidence that comes from knowing that your clothes are both comfortable and attractive. Fabulous fit does not advertise your fitting challenges. Rather it allows others to focus positive attention on you; your face, your personality and persona, your own unique youness.

The ability to achieve fabulous fit doesn't come instantly or automatically. It comes with knowledge backed up by experience through trial and error. It comes from obtaining accurate, precise measurements which is translated into a fitting tool, also called a sloper.

Regardless of what shape you're in, you can be fabulously fit and dressed to perfection if you work with your body. Know your body type and work with it.

Dress the body you have, not the body you want, had, or would like to have. Remember that clothes should not just be to provide warmth and protection but also a creative outlet; clothes can camouflage a figure variation, draw attention away from a variation or create attractive illusions that make you look terrific. When you know that the only thing better than wearing good looking clothes; is wearing good looking clothes that look good on you, you will have found fabulous fit!

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