

THE STYLE COACH™

Confidence In Style

26 June 2023

Dressing For Your Body Shape **Week 5**

How To Take Your Measurements

- **Wear slim fitting clothes like leggings and a t-shirt**
- **Or, if comfortable, nothing at all**
- **Use a tailor's measuring tape that is flexible**
- **You may want the assistance of another person**
- **Stand relaxed, without tensing any muscles**
- **Measure the shoulders, bust, waist, hips, inseam, outer leg**
- **Take each measurement three times and take the average of the three measurements.**

Familiarise yourself with size guides online!

Tips on posing:

- **Create interesting angles with arms and legs**
- **Occupy your hands, hold a bag, glass etc**
- **Put your hand near your face, hair**
- **Try the faux walk/laugh**
- **Remember to be playful with it and have fun!**