

School Administrators Conference 2015

Session 1. 10.30am – 11.45am

'Does your body shape up?'

Stephanie Rumble – Bright Red Styling

So many women agonise over their body shapes, wishing 'this' or 'that' was smaller or larger. We are genetically predisposed to be a certain body shape and it doesn't matter how much or little we eat or exercise or whether we indulge in surgical alteration – the fact remains we are what we are.... We need to learn to embrace our bodies, disguise the lumpy bits and dress to show off the rest. In order to function well and be happy it is really important to let go of hang-ups and love what we have.

If your body is unhealthy then I encourage you to find a way to restore it to optimal health through diet, exercise and perhaps a change in thinking. It's never too late to start looking after you - and its only the first three weeks that are the toughest. A healthy body is a healthy mind and greatly contributes to a healthy self esteem.

There are two types of body shape – vertical and horizontal and a series of prominent features that all add together to give you an overall package. For some of you it will be very simple – you will not have a lot of prominent features or you may worry less about your shape. This hand out is designed to help you work out just where you fit in so you can start putting it all together.

Like anything dressing well for your shape takes thought, commitment and a bit of trial and error. Understanding which horizontal and vertical body type you are and knowing which garments to avoid make a huge difference when you are shopping and can save you a lot of money and time.

Vertical Body Types




How to work out your vertical body shape:

In pairs with a tape measure:

1. Measure from the top of your head to your hip crease: cm
2. Measure from your hip crease to the floor: cm

Vertical body type (circle one) :

BALANCED LONG BODY / SHORT LEGS SHORT BODY/ LONG LEGS

Body Type	Characteristics	What to wear /avoid
<p>Balanced Body</p> 	<p>Body and legs the same or similar length</p>	<p>Wear:</p> <ul style="list-style-type: none"> • Heels to give you more leg • No longer than crotch length tops, blouses and jackets • Slim trousers • Medium to wide belts • Long line accessories <p>Avoid:</p> <ul style="list-style-type: none"> • Tunics • Baggy tops and trousers
<p>Long Body Short Legs</p> 	<p>Longer body than legs. Can often be heavier in legs.</p>	<p>Wear:</p> <ul style="list-style-type: none"> • Short to medium-long, tops, blouses and jackets • Accessories in that draw the eye up the body. • Straight skirts rather than wide or flared styles. • Stockings that blend with the shoes and hemline. • Medium to wide belts. • Medium to high heels to give the legs length <p>Avoid:</p> <ul style="list-style-type: none"> • Tunics • Flat shoes with longer tops and wide trousers
<p>Long Legs short body</p> 	<p>Short body Longer legs</p>	<ul style="list-style-type: none"> • Crotch-length and longer blouses, tops and jackets. • Eyes-down accessories. • Narrow or no belts • Dresses that flow through the waistline. • Long-line accessories. • Low to medium heels. <p>Avoid:</p> <ul style="list-style-type: none"> • Short tops • Clinging tops • Wide belts • Very high waisted

Horizontal Body Types

Very often we focus on our horizontal body shape trying to work out whether we are a pear or a rectangle or just what we are. The most important thing to remember is that you may be a combination of body types – not exactly one or another. Here are the steps to start working out what you are:

How to work out your horizontal body shape:

In pairs, with a tape measure:

1. Your fullest bust point _____ cm
2. Your narrowest waist point _____ cm
3. Your fullest hip point _____ cm
4. Your shoulder width from shoulder to shoulder _____ cm
5. Your hip width from widest point to widest point _____ cm

Look at the differences to work out where you fit:


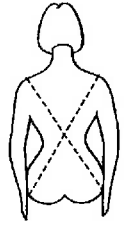

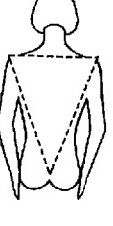



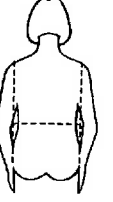


1. Similar size bust and hip (within 10cm) and much smaller waist (more than 18cm smaller). Shoulder and hip measurement within 5cm = **HOURLASS**.
2. Bust larger than hip (more than 15cm). Waist either similar to bust or larger BUT hips smaller than both. Shoulder width greater than hip = **INVERTED TRIANGLE**.
3. Bust smaller than hip (more than 15cm). Waist much smaller than hip and similar or a little smaller than bust. Shoulder measurement narrower than hip = **PEAR**.
4. Shoulder, hip and waist similar (within 10 – 15cm). Shoulders often are wider than or similar to hip = **RECTANGLE**.
5. Bust can be similar to or larger than hip – waist is the largest measurement. Shoulders and hips can be similar or shoulder wider than hips = **OVAL**

TO FURTHER CLARIFY

1. Stand with your arms by your sides.
2. With your partner, look at the angle of your arms – straight down from shoulder to hip (**rectangle, hourglass or oval**), tapering in at hip (**inverted triangle**) or arms sitting out to the hips (**pear or oval**).
3. Look at your partner – if the arm firmly touches the body then you are most likely to be **inverted triangle, rectangle or oval**. If there is a gap between the body and the arm then most likely **pear or hourglass**.

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Body Type	Diagram	Characteristics	Wear	Avoid
<p>The Hourglass</p> 		<ol style="list-style-type: none"> 1. Wide shoulders 2. Narrow waist 3. Full hip and thigh 4. Small to average bust 	<ul style="list-style-type: none"> • V or scoop necklines • Nipped in jackets • Vertical lines • Belts • Heels to elongate the legs 	<ul style="list-style-type: none"> • Boxy jackets • Skinny's with short top • Shapeless garments
<p>The Inverted Triangle</p> 		<ol style="list-style-type: none"> 1. Wide shoulders 2. Full bust 3. Slim legs and hips 4. Sometimes full stomach 	<ul style="list-style-type: none"> • Narrow lapels • Raglan sleeves • Fullness at hem • Skinny jeans 	<ul style="list-style-type: none"> • Shoulder detail • Wide lapels • High necklines
<p>The Pear / Triangle</p> 		<ol style="list-style-type: none"> 1. Full hips and thighs 2. Small bust 3. Narrow or rounded shoulder 4. Slim waist 	<ul style="list-style-type: none"> • Two piece dressing • Wide and high necklines • Dark on lower half • Belts 	<ul style="list-style-type: none"> • Tight, light coloured trousers • Tops that finish at waist • Very low necklines
<p>The Rectangle</p> 		<ol style="list-style-type: none"> 1. Same width at shoulder, waist and hip 2. Weight gain in waist area 3. Can be post menopause 	<ul style="list-style-type: none"> • Vertical lines • Shape creators • Skim not cling 	<ul style="list-style-type: none"> • Boxy jackets • Short tops • Belts at waist
<p>The Oval</p> 		<ol style="list-style-type: none"> 1. Classic 'apple' shape 2. Weight gain in mid section 3. Often slimmer arms and legs 4. Stomach 	<ul style="list-style-type: none"> • Unstructured garments – shape creators • Vertical lines • Attention at neckline 	<ul style="list-style-type: none"> • Waisted garments • High necks • Horizontal lines / stripes in torso • Belts

Prominent Features

In addition to our horizontal and vertical body types there are other aspects of our bodies and shape that can contribute to our clothing choices. Please have a look at the prominent features below and tick the ones that apply to you (don't be overly critical - only tick if you really struggle with that area of your body – ask your partner to clarify).

Arms

- Aged arms^
- Very thin arms
- Heavy arms*

**Avoid tops with a sleeve that cuts across the heaviest part of the arm like cap and some sleeveless.*

^ A small sleeve will be better.

Stomach

- Large midriff (thick and wide through mid section but not much of a pot stomach)*
- Large stomach (like a pregnancy)*

** All clothes need to flow through the mid section and not cling. Horizontal lines and belts will not flatter.*

Thighs and bottom

- Saddle bags (pockets of fat on upper thigh of relatively average sized legs)
- Thick inner thighs*
- Heavy lower legs*
- Bowed legs
- Large outer thighs*
- Flat bottom
- Large round bottom*
- Large wide bottom*

** Always get trousers fitted to the thigh first. They should fit well and allow room in the leg. If they are to large in the waist they will need to be tailored to fit.*

Other

- Low bust*
- Dowagers hump
- Sloping shoulders
- Very wide shoulders
- Very large breasts (over a DD cup) *
- Very small breasts (under an A cup)^

**A supportive and firm fitting bra that aligns the breasts with the underwire of the bra is essential. Avoid pockets or detail on the bust.*

^A padded bra that provides balance and shape will help to allow clothes to fit well.

Any ticks mean that you need to take special care when dressing this area.

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