

Dressing Successfully When You've Gained A Few Pounds

Let's face it – weight gain can significantly impact your daily life. Not only do you struggle with the decreased self-esteem associated with a change in body image, but when you've gained a few pounds you are often left with a closet full of clothes that just don't fit correctly. Nothing exacerbates an already volatile emotional state then struggling to button your pants. For those of us who have gained a few pounds our mission is clear; we need to lose the weight. But as much as it seems that the extra weight appeared overnight, it is unlikely to leave that way. Unfortunately we must deal with the situation as it stands until we are able to shed the pounds. And even though we've gained a few pounds, there are ways to dress appropriately that will do wonders to camouflage the extra weight in the meantime. When you've gained a few pounds, clothing can be your worst enemy. But it can also be your greatest ally if you learn to use it to your advantage. Choose pants that are a bit longer and therefore elongate your shape. Jeans – believe it or not – that are boot cut length and therefore fall to the top of the toes, worn with a high boot can significantly lengthen the look of your legs. When choosing tops after you've gained a few pounds, stay clear of tight fitting sweaters and clingy material. Instead choose v-neck, cotton material tops fall to mid-thigh length; it will draw attention away from your middle and bring people's eyes to your face. Choose darker colors for all clothing items and avoid patterns that draw attention to body flaws. Additionally, a beautiful high heel will elongate your legs giving you a statuesque appearance. No matter what, wear what you absolutely love. Pair favorite accessories with a smart, tailored outfit. If you are dressed well people will always notice. And regardless of whether you've gained a few pounds, there is no excuse for not taking pride in your appearance. Wear your body – no matter what your size - with self-assuredness and you'll be remembered. Even though you've gained a few pounds it does not mean that you have to hide under unattractive, ill-fitting clothes. Experiment with different clothing that changes the shape of your body – and most importantly – makes you feel good about yourself. Because even if you've gained a few pounds, confidence is the very best thing you can wear.

About the Author

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