

DRESSING BEAUTIFULLY DURING YOUR WEIGHT LOSS JOURNEY

The “big” question as you embark on your weight-loss journey is how to adapt your wardrobe as your body drops pounds and sizes.

Every woman’s journey will be different, so we’ll use a size 24 as our reference point. Our goal is simple: **make the most of the wardrobe you already own while your body continues to change.**

With some strategic choices, many pieces can continue working through several size changes. The secret isn’t owning more clothes. It’s choosing silhouettes that can adapt along with you.

Let’s begin with two basic styling principles that apply at every size:

Fit and proportion are key elements in looking well dressed.

And remember, there is a fine line between slouchy and sloppy.

PANTS

Drawstring pants are one of the most forgiving choices during weight loss.

The waist can easily be adjusted as your body changes. Later, a seamstress can remove some of the excess fullness through the waist and hips, extending their usefulness even longer.

Pull-on pants with a center seam are another excellent choice.

The flexible waist accommodates size changes, while the center seam creates a strong vertical line that visually lengthens the leg.

Elastic-waist pants can also work through several size changes.

A belt may help take up some of the excess, or the waistband can be carefully adjusted from the inside. If the waist begins to look bulky, an untucked blouse, tunic or overshirt can disguise the extra fullness.

Tailored slacks are the least forgiving while you’re downsizing.

Because their shape depends on precise fit through the waist, hips and rise, they may require alteration sooner than more flexible styles.



Before investing in alterations, ask yourself whether the garment is worth it. Consider the quality of the piece, the cost of the alteration, how often you actually wear it and how much longer you’re likely to be able to wear it. **Just because something can be altered doesn’t mean it should be.**

PRO TIP

Pay attention to the placement of pockets and embellishments.

Details positioned at the widest part of the hip or thigh draw attention to that area. Cargo pockets placed lower on the leg can do the opposite—drawing the eye downward and away from the hips and thighs.

ACCENTUATE THE POSITIVE

*“There is a fine line
between slouchy
and sloppy.”*

Dresses & Tops

Dresses and tops can be some of the most frequent purchases during your weight loss journey, and they're also some of the easiest to wear well — at any size.

Look for styles that skim your curves rather than cling, and choose fabrics with a bit of structure or stretch that move with you. Wrap dresses, surplice necklines and empire waists are especially flattering, as they define your shape and create a beautiful waistline.

Tops with a V-neck or scoop neck elongate your neck and draw the eye up, while three-quarter or full-length sleeves can provide comfortable coverage.

Avoid styles that are too tight, too boxy, or that end at the widest part of your hips.



*The most
flattering
STYLE
is the one that
fits the body
you have today.*

WRAP IT UP

Wrap dresses and surplice necks create a defined waist, show off your neckline and skim over your curves for a flattering, feminine look.

USE COLOR AND PATTERN TO DIRECT THE EYE

Color and pattern aren't just pretty — they're powerful tools. Strategic placement can highlight your best features and create a more balanced, streamlined look.

Darker colors on the sides can create a slimming effect, while a brighter color or pattern down the center draws the eye vertically and lengthens your silhouette.

Vertical stripes can also be your friend, especially on pants and dresses. And don't shy away from prints — just choose the right scale for your frame.

Remember, the goal isn't to hide your body, but to highlight the beautiful you at every stage.



COLOR-BLOCK

A brighter center can draw the eye vertically, while darker sides create a slimming effect.



SOLID COLOR

Princess seams create a flattering shape and a smooth, elongated silhouette.



RIGHT-SIZED PRINTS

Choose patterns that flatter your frame and direct attention to your best features.

STYLE TIP

Use color and pattern to direct the eye — and create the silhouette you want.

Fabrics, Alterations & Your Transitional Capsule

CHOOSE FABRICS THAT WORK FOR YOU

The right fabric can make a big difference in how your clothes look and feel. Look for fabrics that skim your body without clinging and have a bit of structure.

Natural fibers like cotton, linen and Tencel are breathable and comfortable, especially in warmer weather. Fabrics with a little stretch can also be wonderful, as long as they have good recovery and don't lose their shape during the day.

Avoid fabrics that are too stiff, too shiny or too clingy, as they can emphasize areas you may prefer to downplay.



FABRIC FAVORITES



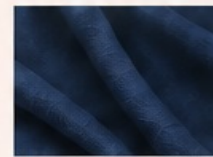
Linen
Breathable,
lightweight
and timeless.



Cotton
Soft, comfortable
and versatile.



Tencel
Smooth, breathable
and beautifully
drapes.



Stretch (with recovery)
Moves with you
and keeps its shape.

THE POWER OF ALTERATIONS

Well-fitting clothes can make you look and feel slimmer, no matter what size you are. Simple alterations can transform an average garment into a flattering favorite.

Consider taking in side seams, shortening hemlines, adjusting sleeves or repositioning buttons. These small changes can create a more polished look and make your clothes work better for your body now — and later.

*Fit is not about the SIZE
on the label — it's about how
your clothes work for you.*

A TRANSITIONAL CAPSULE WARDROBE

A well-chosen capsule wardrobe takes you from where you are today to where you're going. Focus on versatile pieces in colors you love and that make you feel confident.



*Choose pieces that mix, match and move with you.
A smaller wardrobe can give you more choices, more confidence and less stress.*

STYLE TIP

Invest in quality fabrics and good alterations — they'll take you further than trends.

Accessories: The Finishing Touch

Accessories have the power to transform even the simplest outfit. They add personality, polish and interest — and they're a great way to express your individual style without buying a whole new wardrobe.

The right accessories can also direct the eye, create balance, and make your outfits feel intentional and complete.



*Two pieces
get you dressed;
the third piece
makes the outfit.*



*It's often the accessories
that turn an outfit
from nice to you.*

THE OUTFIT
Two pieces get you dressed.

THE FINISHING TOUCH
The third piece makes the outfit.

ACCESSORY TIPS



NECKLACES

Longer necklaces slim and elongate the upper body. V-necks create the perfect backdrop.



SCARVES

Add color, pattern and interest. Wear at the neck, tie to a handbag, or even as a shawl.



EARRINGS

Frame your face and add a touch of sparkle. Choose styles that feel like "you" — from classic to bold.



BRACELETS

Add polish and personality. Mix textures and metals, or wear a signature piece you already own.



HANDBAGS

Choose a style that fits your lifestyle. A structured bag instantly pulls an outfit together.



HATS & SUNGLASSES

Stylish and practical. They add instant glamour while protecting you from the sun.

ACCESSORIZE FOR YOUR LIFESTYLE

Your accessories should work for your real life. Whether you're heading to lunch, exploring SMA, traveling, or enjoying an evening out, the right finishing touches make every outfit feel more polished and put-together.

*Accessories aren't just extras —
they're opportunities.*

SAME OUTFIT. DIFFERENT LOOK.

A few simple accessories can take you from day to evening.



DAYTIME
*Casual, comfortable,
ready for your day.*



EVENING
*Polished, stylish,
ready for what's next.*

STYLE TIP

Invest in a few quality accessories you love. They'll work with many outfits and make you feel more confident, polished and put-together — every day.

More Accessory Essentials

SMALL DETAILS. A BIG DIFFERENCE.

The right accessories can elevate your look, direct the eye, and express your personal style. Here are a few more finishing touches to consider.

HATS



A hat adds instant style, protects you from the sun, and frames your face beautifully. Choose a shape and size that complements your features and feels like you.

SCARVES



A scarf adds color, pattern and personality. Wear it at the neck, in your hair, on your handbag, or even as a lightweight shawl. It's a versatile accessory that can take an outfit from simple to special.

SHOES



Choose comfortable, stylish shoes that support your lifestyle. A sleek shape elongates the leg, and a neutral color goes with everything. Fashion and function can — and should — go together.

BELTS



Wear a belt at the smallest point on your torso — whether it's slightly above, below, or at your natural waistline. Choose a buckle that coordinates with your jewelry: silver if you wear cool colors, gold if you wear warm colors.



An open blazer creates two vertical lines that lengthen and slim, while a belt defines your waist and adds shape.

DRESS THE BODY YOU HAVE TODAY

Great style isn't about a certain size, age or trend — it's about understanding what works for your unique body and lifestyle. When you choose the right fabrics, mindful alterations, and accessories that reflect your personality, you can look and feel confident every day.

The most flattering STYLE is the one that fits the body you have today.

A FEW THINGS TO REMEMBER

- ♥ Fit beats fashion.
- ♥ Small changes make a big difference.
- ♥ Accessories complete the look.
- ♥ Style is a tool for confidence at any age.
- ♥ You don't need a new wardrobe — just new possibilities.

STYLE TIP

Look in your closet with fresh eyes. The right accessories can make your favorite pieces feel new again.

Don't Wait for "Someday"

LOOK GOOD. FEEL GOOD. RIGHT NOW.



*Style isn't the reward
waiting for you at the end
of your journey.*

*Style belongs to you
every step of the way.*

Your body may continue to change, but you deserve to enjoy getting dressed today. Celebrate your progress. Wear the colors that make you glow. Choose clothes that fit the body you have now, and let go of the number on the label.

*Confidence looks good
on every size.*



Great style isn't about perfection — it's about possibility. It's about finding pieces that make you feel comfortable, polished and like the best version of yourself, right now.

Whether you're on a weight loss journey, maintaining your progress, or simply embracing a new chapter, you can look and feel beautiful today. Because style has no size limit and confidence never goes out of style.



*Here's to a more confident, stylish you
— today and always.*

Accentuate the Positive



PATRICIA SMITH
STUDIO STYLE SMA