

BEST HEALTH

THE Love your body ISSUE

FOUR MAGAZINES IN ONE

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Flatter your body type

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17 fresh & easy recipe ideas

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Building girls' self-esteem

LIVE BETTER, FEEL GREAT

READER'S DIGEST

Feel great naked!

- GET STRONG, SEXY ARMS
- WALK OFF BELLY FAT

DROP POUNDS 7 CALORIE-SLASHING FOOD SWAPS

"I HAD AN AFFAIR... NOW WHAT?"

COLONICS ARE THEY SAFE? (AND WORTH THE PRICE?)

Fitting pretty

How do you wear four top spring trends to suit your body type?

Rhonda Rován asked a style maven and an image consultant. (Plus: What to wear them with)

FASHION PRODUCED BY
JENNIFER MASSEAU

PHOTOGRAPHY BY TRACY SHUMATE

MAXI DRESS MAXIM

The ankle-length maxi is part of the longer hemline trend (page 49). "If you're under five foot seven—that is, not exceptionally tall—or want to look slimmer, keep the silhouette close to the body and the hemline narrow," says Law.

BODY TYPES

You're a **pear** if...

Your shoulders and waist are narrower than your hips and bottom.

You're an **apple** if...

You carry most of your weight in the midsection.

You're **boyish** if...

You have a small bust, hips and bottom. Also called "straight-cut."

You're **curvy** if...

Your bust and hips measure roughly the same, and your waist is narrower.

Gap chiffon maxi dress (cotton/polyester, \$98) and woven belt (leather, \$45)

For where to buy, see page 124.



KIMBERLY LAW is an image and etiquette consultant, and director of Personal Impact in Vancouver. "Dressing for body type focuses attention on your assets," says Law. "As a five-foot-three petite woman with a straighter body shape, I'm going to wear flared pants with a similarly toned sleeveless top, perhaps tucked in and bloused—and with heels."



SANDRA PITTANA is a Toronto fashion stylist and regular guest host on *CityLine*. "My favourite trend for spring is the Yves Saint Laurent-inspired look of the '70s—that long-leg silhouette with the high-waisted flare pant and sexy peasant blouse. I'm drawn to theatrical dressing for the sheer joy of fashion." Read about Pittana in "My Healthy Life," page 128.

TREND #1

The latest pants

SOME ARE WIDE, SOME ARE NARROW

Wide '70s-influenced pants and narrow, ankle-cropped trousers (including a skinnier take on "boyfriend" jeans, sometimes worn cuffed or rolled at the bottom) are both top trends. Narrow can be trickier for curvy, apple and pear shapes, because generally they're low-rise, says Pittana.



Ralph Lauren

If you're **curvy**

WIDE-LEG PANTS: EASIER TO WEAR Choose soft, fluid fabrics, says Law. Go for high-waisted with a flat front and no pockets, and tuck in a loose, romantic blouse, suggests Law. Balance out all the fabric on your bottom half by showing some skin up top, says Pittana.

NARROW PANTS: HARDER TO WEAR See advice for apple and pear on the right.

Jacob satin bow-tie sleeveless blouse (polyester, \$40); BCBGMaxAzria trousers (viscose/wool blend, \$214); RW&Co. belt (faux python, \$22); Attitude sandals (faux suede, \$50)



WHAT SHOES WORK?

With either wide or narrow pants, Pittana likes a high chunky wedge. Can't do height? Runways showed wide pants with flat sandals, too. And ballet flats always work with narrow pants.



If you're an **apple**

WIDE-LEG PANTS: EASIER TO WEAR

Wear them with a drapey jacket or cardigan over a body-skimming tank (pictured). Avoid belt loops, pleats and pockets, says Law. "Your pant should fit smoothly over the hips and hang long and straight."

NARROW PANTS: HARDER TO WEAR If you do go for it, try wearing with a tunic top, says Pittana.



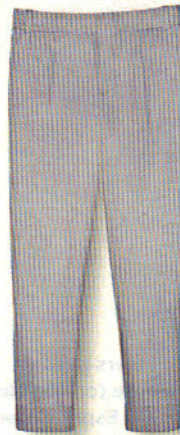
Pure Alfred Sung henley tank (modal/cotton, \$13) and pointelle cardigan (rayon/cotton, \$30)

If you're **boyish**

NARROW PANTS: EASY TO WEAR

A boyish figure suits narrow pants (pictured). "You can wear these with anything on top, from a tank top to a peasant shirt," says Pittana.

WIDE-LEG PANTS: EASY TO WEAR Embrace this trend, even with pleats, says Law; choose a fluid fabric. Wear with a cap-sleeve shirt, says Pittana.



Gap pleated cropped pants (cotton/polyester, \$55)

If you're a **pear**

WIDE-LEG PANTS: EASIER TO WEAR

"I like a shorter jacket (pictured) with a wide pant," says Pittana. "For the pants, choose medium-weight, fluid fabric," says Law, and avoid pleats and pockets.

NARROW PANTS: HARDER TO WEAR Choose pants that come out slightly through the hips, says Pittana. Pair them with a tunic top or boyfriend jacket. →



Banana Republic belted chambray blazer (cotton, \$185)

TREND #2

City shorts

CHOOSE TAILORED

Suddenly, shorts are everywhere. Before you say “no can do,” know that the longer lengths are wearable for a variety of body types. And you can dress up some styles. “Give them a city look with a big wedge shoe,” says Pittana. Not your thing? Go for a more refined sandal.



If you're an **apple**

SHORTS ARE EASY TO WEAR. “For this figure, your legs may be an asset you want to highlight,” says Law. “If so, draw attention to them.” Choose a firm fabric without any embellishments or extra details, and the cut shouldn’t be too wide. Shorts should always end at the narrowest part of the thigh. “Choose shorts that lie flat at the waist, and wear with a tunic top,” says Pittana.

If you're a **pear**

SHORTS ARE HARDER TO WEAR. Pair with a flowy T-shirt that has a wide neckline (pictured). (Stripes are hot this season; see page 53.) “Women with fuller thighs should avoid shorts with cuffs,” says Law. “I would suggest a walking short to the knee with a jacket,” says Pittana, “but not a safari-style jacket, which adds bulk to hips.”



Joe Fresh boat-neck T-shirt (cotton, \$12)

If you're **boyish**

SHORTS ARE EASY TO WEAR. “If you’re trying to achieve a feminine shape,” says Law, “the length should end about mid-thigh.” And details like pleats, pockets or a tie waist (pictured) will add curves where you want them. Pittana says: “Pair your shorts with a safari jacket.”



Joe Fresh Style pleated shorts (linen/polyester blend, \$29)

If you're **curvy**

SHORTS ARE HARDER TO WEAR. Avoid cuffed shorts with stiff fabrics, says Law. Pittana says: “Try knee-length shorts slightly tapered at the bottom with a crisp tailored shirt [pictured], tucked in, and paired with a dark belt.”



Jacob Oxford shirt (cotton, \$70)

LONG & LEAN
To elongate the body generally, keep colours similarly toned, advises Pittana. “For example, sling a summer cardigan over your shoulder in the same shade as your shorts.”



Winners peasant blouse (cotton blend, \$30); Esprit Collection canvas shorts (cotton/elastane, \$90); Ecco sandals (leather, \$150)



ANTHONY SIKKIS (TOP RIGHT)

TREND #3

Longer skirts & dresses

A-LINE OR PENCIL

“The new longer lengths look great on tall, slim models, but on real women they can look dowdy unless done right,” says Pittana. Wear them with feminine shoes, from kitten heels to higher. If you have muscular calves, the hem should be either just above where they start to get wider, or just below.



If you're a pear

A-LINE WORKS BEST. Law says the soft, away-from-the-body A-line skirt is ideal for pears. But keep in mind that the wider the hemline, the shorter and wider you will look. For petite pears, keep hemlines shorter and a little bit narrower, ending just below the knee. Pencil skirts are harder to wear if you have a pear shape, but if you go for it, consider wearing body-smoothing shapewear underneath.



Pure Alfred Sung satin-trimmed T-shirt (cotton/modal, \$13); H&M tulle skirt (polyester, \$40); Aldo shoes (leather, \$80)



ANTHEA SIMMS (TOP LEFT)

If you're boyish

BOTH A-LINE AND PENCIL WILL WORK.

Lucky you! But if

your goal is to look curvier, try the A-line silhouette (pictured), says Law. If you're tall or slim, choose an A-line with pleats, waist and hip gathering, or a hip belt—they will help give you those desired curves.



French Connection dress with tie belt (viscose, \$148)

If you're curvy

BOTH A-LINE AND PENCIL WILL WORK.

Either style

complements your curves, says Law. Pittana says, “The pencil [pictured] on a curvy woman is sexy; think Christina Hendricks on *Mad Men*.” If you're going for an A-line, avoid gathers at the waist.



Winners knit pencil skirt (cotton blend, \$40)

If you're an apple

PENCIL WORKS BEST.

Pair it with a jacket, and accessorize with

necklaces and earrings to draw attention away from your waist, says Law. If you do try an A-line, go for a straighter chemise style (pictured) and pair it with simple, delicate shoes to make legs look leaner, she suggests. A fuller A-line could make you look heavy. →



Banana Republic tiered-hem dress (silk, \$215)

Romantic blouses

FROM SWEET TO SOPHISTICATED

The billowy sleeved peasant top and its modified versions (floaty blouses that fall loosely from the body) are lending a soft touch to spring. They can be forgiving, but you still may need to pay attention to body type to get the most flattering effect.



Marc by Marc Jacobs

If you're **boyish**

HOW TO WEAR Ruffles, pleating, yokes and lace embellishments will add shape. So will scoop necks and bateau necklines, and sleeves gathered at the shoulder. Also look for styles with a drawstring, belt or tie to add definition to the waist and create a curvier look. If your torso is short, choose a long top, and wear it untucked.



Winners lace-trimmed shirt (cotton, \$20); Levi's boyfriend skinny jeans (cotton/elastane, \$98); Old Navy wedge sandals (faux leather, \$30)



If you're a **pear**

HOW TO WEAR To make your hips look narrower and your shoulders wider, suggests Law, try soft cap sleeves, V-necks, shallow scoop-necks and bateau necklines. "The peasant blouse's big fluid sleeves can also be flattering," says Pittana.

Moon tiered blouse (cotton, \$45)



If you're **curvy**

HOW TO WEAR "Soft, flowing styles will flatter your curvy body because they harmonize with your natural lines, especially when worn tucked in," says Law. If you're large chested, avoid embellishments on the bust, and choose fluid fabric that doesn't cling to the body.

BCBGMaxAzria lace-sleeve blouse (silk, \$202)



If you're an **apple**

HOW TO WEAR Choose a hip-length blouse, and wear it untucked. Darker colours will have a slimming effect, especially when paired with similarly toned bottoms. "Great necklines for your body type are V-necks or scoops," says Law. □

French Connection chiffon bow-tie blouse (polyester, \$78)

Find out the truth about clothing sizes at besthealthmag.ca/may2011.