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Selecting Adjustable Clothes

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When dieting away those extra pounds, you will soon find that your clothes will be too big. You will need to give careful consideration to the buying or making of clothes. Generally, a 10- to 15-pound weight loss is needed to bring about a change in clothing size. After the initial weight loss a change in garment size for every ten pound loss is normal.

People lose weight differently and in different parts of their bodies. No matter where those pounds come off, your clothing must be refitted or replaced as you reach your final goal.

Whether buying or sewing your clothes, select designs that can be worn while losing weight. Here are some guidelines to help you make wise clothing selections to keep you looking great.

- Buy or make only basics that can be used for a various occasions. Choose gored, A-line and soft gathered skirts as they will look attractive longer. Select simple styles and basic colors that can be worn often without growing tired of them.
- Don't invest a lot of money in clothes. Wait until you have completed your weight loss. Then invest and build a new wardrobe.
- Wear coordinates. Mixing and matching will give you lots of versatility for your clothing dollar and separates are ideal when the weight loss isn't evenly distributed.
- Select easy care fabrics that will be machine washed and dried rather than drycleanable since they will be worn often.
- Consider knit or stretch woven fabrics.
- Sweaters, vests, or jackets that can be worn open span several sizes.
- Buy or make as few new clothes as possible. A few new items will boost your morale, but try to manage with less. Wait to add to your wardrobe after your weight loss goal is reached.
- Some clothing styles are easier to adjust during a weight loss program. Consider the following ideas:

- Elastic in the waistline or in a cuff is easily adjustable.
- A piece of elastic can be inserted into the back of a standard waistband to make it fit.
- Attached elastic waistbands may be adjusted at the center back or side seams.
- Wrap dresses or skirts are easily adjusted by setting buttons over or wrapping them a little tighter.
- Raglan, kimono or cap sleeves will not appear droopy as your figure changes.
- Princess style seams can be adjusted.
- Use string tie belts instead of buckled belts. Buckled belts may be adjusted on the buckle end.
- With dresses without waistline seams, wear a belt to the tightness you like. A waistline seam in a dress drops as you lose weight.
- Wear a garment with a bodice that has some soft fullness.
- Tuck or shirr shoulder seams to shorten the seam.
- Skirts, dresses and blouses that button can easily have the buttons moved over slightly.
- Width can be removed by seaming out extra fullness at the side seams.
- Changes can be made in pants at side seams, inseams and the crotch seam as needed.
- Nightgowns adjust to body changes better than pajamas.

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