

choose
your
body
shape

**Stand in a full-length mirror
and take a look at yourself:**

- Draw an imaginary line from the widest point of your shoulders to the widest part of your hips. *Is it straight?* Or are your hips wider than your shoulders or vice versa.
- Look at your waist, how far from your imaginary line is the narrowest point of your waist?

Once you have this information,

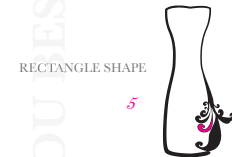
use the images below to see which one fits you best.



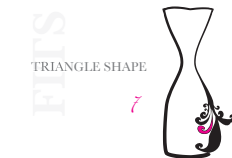
HOURLASS SHAPE



PEAR SHAPE



RECTANGLE SHAPE



TRIANGLE SHAPE

FITS YOU BEST.