

Hints on How To Wear Your Clothes **Longer**

- ❖ Avoid buying good new clothes until you reach your target weight.
- ❖ Visit *Thrift shops, Good Will, and The Salvation Army*, as you can find good used clothing.
 - *Find stretchy shirts and elastic waist pants
- ❖ Visit clearance racks in stores like *Target* or *Wal-Mart*. You can find excellent deals, usually for less than \$10.00.
- ❖ Take baggy clothes to a tailor for altering.
- ❖ Utilize a **belt** for your pants – can usually wear through 2 sizes changes.
- ❖ Utilize a **belt** around your waist to cinch up baggy tops.
- ❖ Forget slacks and go with elastic waist skirts or draw string pants. If you go with pants, go with dark colors. Wrap around skirts also work well.
- ❖ Utilize layering, i.e. wear a jacket that is the correct size with a baggy top underneath.
- ❖ Wear your jeans or pants that are a little snug by wrapping a small rubber band through the eyelet and hooking it to the button, therefore getting longer wear time.
- ❖ Find elastic clamps (used to keep sheets on your bed) and hook one end to your bra and the other to your pants. They help to hold pants up so they can be worn longer.
- ❖ Don't buy clothes that are too tight until you lose all your weight.
- ❖ Remember that knit fabric adapts to size change better than other fabrics.