

## Recommendations For a Great “After” Photos

- Turn partially sideways to the camera, planting one foot in front of the other. Point your toe to the camera and place your weight on your back foot.
- Pull head forward slightly to minimize any appearance of a double chin.
- **Light & bright** colors (yellow/ red/ pink/white/etc.) will make you look **larger**.
- **Dark, cool** colors (blue/green /brown/grey, etc.) will make you look **smaller**
- **Solids Only!** - NO Stripes, polka dots, prints, etc.
- Hold arms slightly away from your body. This keeps upper arm flab from flattening out and therefore appearing flabbier (much like thighs do when one sits on a couch).
- Pull shoulders back, chest forward and gently suck stomach in. Be careful not to suck stomach so far in that your ribs show, thereby causing those who later see the photo to cluck to themselves in a bemused, sing-song voice, "She's sucking i-in."
- If you can get away with it without looking like a Sports Illustrated Swimsuit Cover Girl wannabe, try the **look away trick**. To do this, look away from the camera, then turn towards it, breaking into a smile just before the camera clicks. Your smile will appear fresh, not frozen. This trick takes practice behind closed, locked doors.
- wear form-fitting clothes instead of blousy ones. Form-fitting clothes show off your new shape where blousy clothes make you look bigger.
- select a flattering neckline whether it's a V-neck, or a scoop neck, and stick to darker shades; they tend to recede in photos, having a slimming effect

See back for suggested poses!



