

## RECOMMENDATIONS FOR A GREAT “AFTER” PHOTOS



### Dressing Up

- Select a flattering neckline, whether it's a V-neck or a scoop neck.
- Stick to darker shades; they tend to recede in photos, having a slimming effect.
- Wear form-fitting clothes instead of blousy ones. Form-fitting clothes show off your hard work where blousy clothes make you look bigger.
- 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! Avoid Stripes, polka dots, prints, etc.
- Teams: Feel free to match colors or theme. This makes your team that much more unified and cooler!



### Posing

- 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 (see posing examples).
- Pull head forward slightly to minimize any appearance of a double chin.
- 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).
- Relax shoulders back and gently pull chest forward. Don't suck your stomach in. Just relax and show the real you.
- Flex your guns! You worked hard, so go ahead and show it!
- Feel free to use props and have fun! You earned this!

**SEE BACK FOR SUGGESTED POSES!**





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