

Basic Men's Body Shape Fashion Tips

Not all men are created equal, when it comes to body types. Just as women come in different shapes, so do men. When you discover how to flatter your specific body type through how you dress, you'll see why some styles look fabulous on you, while others make you look shorter or heavier than you really are.

These guidelines can help you in your casual, formal and work ensembles:

Big and Tall

For the man who's taller than average (whether or not he's also overweight), finding clothes that fit perfectly can be a challenge. You want your slacks to fall past your ankles and your shirt sleeves to come all the way to your wrists. For the most flattering look, [big and tall men](#) should:

- Avoid too many patterns: There's nothing wrong with a [tropical shirt](#); however, if you wear a patterned top, then the rest of your outfit should be plain and simple.
- Buy in big and tall men's stores: You need pants and shirt sleeves in the right lengths. Shopping in a regular men's department that caters to men of average height will probably yield some disappointing finds.
- Dark colors are slimming: If you're on the heavy side, black is universally slimming, as most women already know. Look into navy blue, charcoal grey and chocolate brown as other choices outside of basic black.

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Shorter Guy

Chances are, if you're shorter than average, you want your clothes to help you appear taller. [Short men](#) should:

- Wear pants that fall past the ankle: While this is a good rule to follow for all men, this is crucial for short men. Your slacks should have a natural break at the top of your foot. Pants that fall shorter than that risk making your legs look shorter.
- Stick to monochromatic looks: When you wear the same color or color family head-to-toe, it helps to elongate you. This doesn't mean you have to wear a navy blue shirt and navy

blue slacks, but a blue shirt in any shade paired with dark blue slacks will give you a longer look than a yellow shirt with black pants.

Muscular

So, you've worked hard in the gym and you have the body to prove it, but you can still make use of helpful tips to look as good in a suit as you look in a tank and gym shorts:

- Avoid tight slacks: If your thighs are very muscular, you may have trouble finding pants that are roomy in this area, but you should shop around until you find a brand or designer that makes slacks that aren't tight on your legs.
- Buy the right size: Surprisingly, some men seem to prefer tight-fitting clothes or are just stuck on wearing a certain size, even if it's too small. When shopping for shirts and blazers, buy a size that gives you room to swing your arms around. You should be able to flex in your jackets without straining the seams.

Round

If, like many men who put on weight, you find excess baggage in your stomach area, follow these men's body shape fashion tips to help disguise it and not draw more attention to a larger belly:

- Wear pants that fit around your waist, not under it: For many men, gaining weight in the stomach is met with denial. They refuse to buy slacks in a larger waist size, so their bellies hang over the waistband of their pants. It's best to buy slacks that fit around your natural waist.
- Vertical details help: Vertical stripes help to bring the eyes up and down, which gives the illusion of thinness. Stripes should be narrow, not overly wide, for the best look.

Dress Smart

You may need to enlist the help of a trusted friend or significant other to tell you whether a look works for you. By following simple guidelines directed toward your particular shape, you'll look good at work, on a date, at a party and anywhere else you want to be stylish.