

# FITNESS FACTS

## How To Fit And Find Flattering, Fashionable Jeans

(NAPSA)—There's no fooling the jeans—many women ditch the scale and use a favorite pair of jeans as the barometer for weight-management success. For those women whose jeans are a bit tighter around the waist, help is on the way!

Never fear denim-dreaders, fashion expert Robert Verdi, host of "Fashion Police," and Kellogg's® Special K have teamed up to help you reach your ideal figure—then find the best jeans for your new shape. By participating in the Special K Challenge™ women can drop a jeans size in just two weeks.

"A new pair of fabulous jeans is a great way to show the world your new, slimmer figure," says Verdi, "There are jeans for every body, shape and size." Once you start looking for new jeans to show off your slimmer, new figure, he offers the following tips for choosing the best styles for your shape:

### Flatten Your Tummy

- Stick with a classic dark wash, with a little stretch for a slimming effect.
- Select a mid-rise so the waistband lands on the middle of your tummy instead of above it.

### Play Up Your Curves

- Choose a wider waistband and avoid a tapered leg (which exaggerates your curves).

- A trouser leg would be fabulous on you.

- If you're shorter than 5'4" steer clear of the flared leg!

### Flatter Your Bottom

- If you want to play down your backside, avoid fussy pockets that sit high on your bottom.
- If you want to raise your bottom, choose a jean with back pockets that are closer together.
- Always go with a detailed pocket, which will give the illusion of curves.



**Fitting into new, stylish jeans this fall just got easier.**

### Avoid the Waist Gap

- A 10 percent stretch in the fabric will help those with smaller waists than hips avoid the "waist gap."

- Avoid big belt loops.

### Diminish Your Thighs

- A stretch fabric will accentuate your thighs, so go for 100 percent cotton denim that skims or loosely fits your leg.

- A straight leg or trouser leg will help your thighs look a little thinner.

### Lengthen Your Legs

- If you have shorter legs, a low-waist, wide-leg jean will elongate them.

- If you have long legs, and want to accentuate them, wear a high-waist jean.

- A wide-leg or tapered-leg jean will look great and give you the lean lines you crave.

To learn more about how to drop a jeans size by losing up to 6 pounds in two weeks with the Special K Challenge™ search for "Special K" at Yahoo! or visit [www.SpecialK.com](http://www.SpecialK.com).