

*The Ultimate
Guide to Body
Types and
Silhouettes*





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Introduction

Before you read any further, it is important to know and understand that all body shapes and silhouettes are beautiful.

They are just different.

When you calculate your measurements, be honest. Don't manipulate them so you fit into, and become a different body type. I always thought I was an Hourglass, but in reality I'm a busty Pear.

Embrace your body and appreciate it for what it is.

- If you're a Pear, accentuate and be thankful for your shapely curves.
- As an Apple, admire and highlight your killer legs.
- If you're a Rectangle, create a beautiful slim waist and emphasize your height.
- As an Inverted Triangle, draw attention to your slim legs and create curves (if you want to) on your lower half.
- If you're an Hourglass, be thankful for your balanced proportions and tiny waist.

When you learn to dress the body you have, you will create a body you love.

“

*Stop trying to fix your body. It was never
broken.*

Eve Ensler



How to Determine your Body Type

Measurements

Shoulders

Place the measuring tape at the tip of one shoulder (the top of the Humerus bone) and wrap it all the way around you, until it meets again at the same shoulder.

The tape should skim the Clavicle but be slightly lower, and meet where your shoulder starts to slope into your arm.

It might help to feel for the end of those bones where your arm socket begins. This is the widest circumference of your shoulders.

This measurement is a bit tricky, so if you have someone who can assist, that's the best option.

Bust

If you are busty, wear your best-fitting bra that adds lift to your chest.

If you are smaller breasted, wear a bra with the least amount of padding.

Do not wear a sports bra or minimiser.

Stand up straight and wrap the measuring tape around the fullest part of your breasts, usually the middle of them.

Make sure the tape is straight and firm, without changing the shape of your breasts.

Waist

Wrap the measuring tape around the narrowest part of your waist, ensuring it is straight and even.

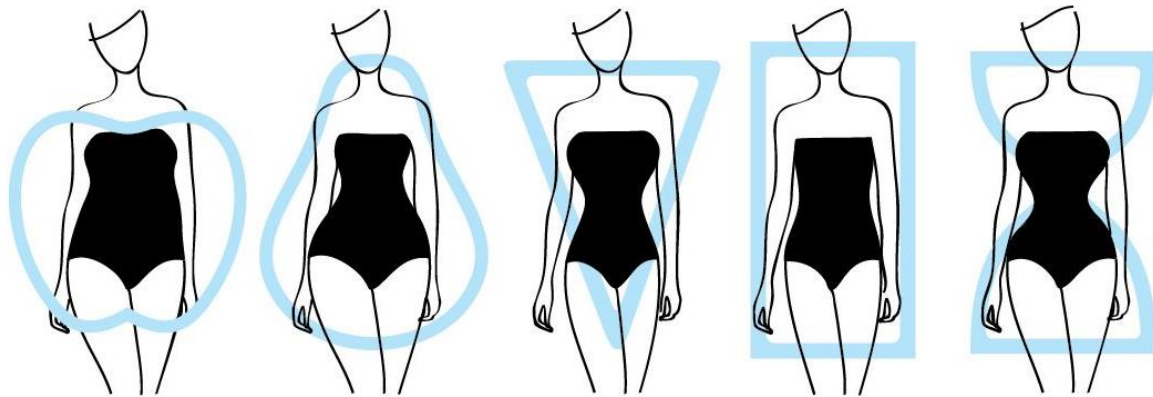
Stand naturally without sucking in or holding your breath.

Hips

Find the widest part of your hip, taking into consideration your bottom, but staying above the pubic bone.

It is important to remember that our bodies change with age, often thickening around our waists. Hormones and pregnancy can also play a big role in body changes.

Interestingly, height does not play a part in determining body types and silhouettes. We are only concerned with measuring proportion.



“

*Each individual woman's body demands to be
accepted on its own terms.*

Gloria Steinem



Calculations

Measurements

Shoulders
Bust
Waist
Hips

Calculations

1. Hips divided by Shoulders
2. Hips divided by Bust
3. Shoulders divided by Hips
4. Bust divided by Hips
5. Waist divided by Shoulders
6. Waist divided by Bust
7. Waist divided by Hips
8. Choose your largest measurement between your hips, shoulders or bust and multiply that measurement by 0.95



Determine your Body Type

Calculations 1 and 2

If either your answers are greater or equal to 1.05 (your shoulders are smaller than your hips)

THEN

You have a Pear-shaped body.

Calculations 3 and 4

If either your answers are greater or equal to 1.05 (your shoulders are wider than your hips)

THEN

You have an Inverted Triangle-shaped body.

Calculations 5 and 6

If your answer to calculation 5 is greater or equal to 1.05,

AND

Your answer to calculation 6 is less than 1.05,

AND

Your bust and waist are essentially the same.

THEN

Your bust is wider than your hips and shoulders.

You have an Apple-shaped body.



Calculations 5, 6 and 7

If your calculations at 5 and 7

OR

Your calculations at 6 and 7 are less than or equal 0.75

AND

Your hips and shoulder are within half an inch of each other (your hips, shoulders and bust are the same)

AND

Your waist is dramatically smaller,

You have an Hourglass figure.

Calculation 5 and 6

If your answer to question 5

AND

Your answer to question 6 is greater or equal to 0.75

AND

Your answer to question 8 is smaller than the other two measurements (remember you chose the largest measurement from your shoulders, bust and hips and multiplied it by 0.95)

THEN

You have a Rectangle shaped silhouette.

Body Types and Silhouettes

Pear

Defining Characteristics

- Shoulder width is narrow than hips.
- Waist is narrower than hips, and often well-defined.
- Thighs are often shapely and curvy, and are the widest part of your body.





Other Characteristics

- A well-rounded and curvy bottom.
- The size of your bust can vary from small to very full. It is a mis-conception that Pear-shaped body types have a small bust.
- Muscles are softer and less defined.

Similarities to other Silhouettes

- You lean towards an hourglass shape if you have a large bust.
- You lean towards an apple shape if gain weight in your bust and tummy areas.
- You lean towards a rectangle shape if your waist is straighter and not as well defined.

Watch out for...

- Finding clothes that fit a smaller waist and larger thighs / hips.
- Gains weight from the waist down.

“

You define beauty yourself. Society doesn't

define your beauty.

Lady Gaga

Celebrity Inspiration

Beyonce



Oprah



Jennifer Lopez



Katie Holmes



Apple

Defining Characteristics

- The width of your shoulders is greater than your hips.
- Your chest measurement is at least seven (7) centimetres greater than your hips.
- Hips are narrower than shoulders, and are sometimes the narrowest part of your body.
- Your waist is smaller than your bust, or your bust and waist are the same, but larger than your hips, meaning your waist is not well-defined.





Other Characteristics

- Shapely legs with delicate ankles and well defined calves.
- Flatter bottom.
- Thighs are often shapely and curvy, and are the widest part of your body.
- Arms are often slender and soft.
- Weight gain is first visible around the tummy.

Similarities to other Silhouettes

- You lean towards a pear silhouette if your hips are slightly broader than your shoulders.
- You lean towards an inverted triangle if your shoulders are slightly broader than your hips.
- You lean towards an hourglass if there is definition at your waist.
- You lean towards a rectangle if your bust and hips are approximately the same width.

Watch out for...

- Gain weight more easily in the chest and midsection.
- Larger size top (than bottom).

Celebrity Inspiration

Reece Witherspoon



Drew Barrymore



Rebel Wilson



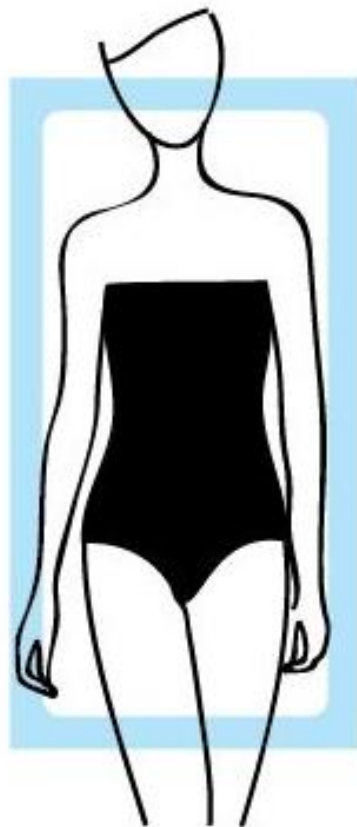
Mindy Kaling



Rectangle

Defining Characteristics

- Shoulder and hips measurements are the same.
- Your bust measurement is usually within 5% of your waist measurement, but it is possible to be a busty Rectangle.
- Tall and lean, with a lack of curves and very little waist definition.





Other Characteristics

- Your legs and hips are typically straight, with very little curves.
- Flat bottom.
- Small to medium bust (a large bust is not common, but is possible).
- Arms are slender and athletic.
- Muscles are lean and athletic.

Similarities to other Silhouettes

Watch out for...

- Lack of curves

“

We can't hate ourselves into a version of ourselves

we can love.

Lori Deschene

Celebrity Inspiration

Kate Middleton



Natalie Portman



Queen Latifah



Cameron Diaz



Inverted Triangle

Defining Characteristics

- The width of your shoulders is at least 5% wider than your hips.
- Shoulders are angular and often muscular and strong.
- A fuller bust.
- Your legs are typically slender, muscular and toned.





Other Characteristics

- Your bottom is typically flat, but in some instances can be curvy.
- Bust size can vary, but is typically fuller.
- Muscles are well defined.
- Arms are slender and toned.
- Gains weight evenly in the tummy and upper body.

Similar to other Silhouettes

- You lean towards an apple if you have a big bust and weight around the midriff.
- You lean towards an hourglass shape if you have slight curves.
- You lean towards a rectangle if you have weight or strong bone structure around your hips.

Watch out for...

- Clothes are often a larger size on the top to balance wider shoulders.

Celebrity Inspiration

Jennifer Garner



Renee Zellweger



Amal Clooney



Demi Moore



Hourglass

Defining Characteristics

- Width of shoulders is the same as your hips.
- Your bust and hip measurements are within 5% of each other.
- Your waist is 24% smaller than your shoulders or chest.





Other Characteristics

- Thighs and calves are shapely and curvy.
- Thighs are narrower than your hips.
- Bottom is flat (not rounded like a Pear).
- Arms are often slender and soft.
- Muscles are soft and more rounded.
- Weight gain tends to be evenly distributed.

Similarities to other Silhouettes

- You lean towards an inverted triangle silhouette if you have slightly fleshy upper arms, which make your shoulder line appear wider.
- You lean towards a pear shape if you have a slightly fuller bottom or extra weight around your hips.
- You lean towards an apple s if you carry extra weight around your tummy.

Watch out for...

- It can be difficult to find clothes that fit your curves and still define your waist.

“

Worthiness does not have prerequisites.

Brene Brown

Celebrity Inspiration

Christina Hendricks



Salma Hayek



Halle Berry



Sophie Vergara





A Final Word

Social Media (and media in general) is full of images and opinions on what we should look like, how we should dress, where we should live, what car we should drive and what school we should have attended.

It can be incredibly difficult and daunting to love ourselves and the life we have created when we are constantly bombarded by images of celebrities and influencers living a seemingly perfect life.

I ask you to stop for a moment and appreciate everything you have. Your body has carried you through times of joy and heartbreak, and it may have given you children.

It allows us to laugh, cry, walk, run or crawl.

Why would we hate a body that serves us so faithfully?

There is no one ideal body shape or type. History is full of changing opinions and stereotypes. Once upon a time a full figure symbolised wealth. It meant you could afford to eat well. A slender figure meant you were poor or starving and did not have access to regular meals.

Prior to the 1920s, pale skin was in vogue. However, with the advent of more accessible modes of transport, a tan became the “in thing” because it meant you could afford to travel abroad.

My advice is to ignore trends. Ignore the picture-perfect images as you scroll through Instagram. Learn to dress the silhouette you have and love the body you’re in.

“

*The more I like me, the less I want to pretend to
be other people.*

Jamie Lee Curtis



Appendix 1

Socials

Follow The Lifestyle Cooperative on social media.

