

Step 2 Take a “Jeans Inventory”

It's time to evaluate which jeans you look and feel great in *today*. “Looking good happens *while* you're slimming, so try to be the best version of yourself and present yourself with confidence,” says Debbie Then, Ph.D., a social psychologist. **To get started, try on all your jeans one by one, and use the criteria below to determine which jeans stay in your closet and which head to Goodwill.** If you answer “yes” to any of the five points below, say good-bye.

- Your jeans are so snug that panty lines or skin bulges are visible when you look in the mirror.
- Your jeans are bagging out in the seat or drooping in the crotch or hips, especially after you've been sitting.
- You have to wear a bulky shirt and tuck it in to hold your jeans up, or you want to tuck a shirt in but can't because the waist is too snug.
- You can fit two fingers between the waistband and your body. Jeans stretch during the day, so the gap will widen, and you will constantly have to pull them up.
- You have to use a belt to prevent the waist from gapping. “Belts should be used only for style, not fit,” Hodge says.

After reading this...

Pinpoint two pair of jeans that you feel great in (ideally one dressy pair in dark denim, one more casual in a light wash) right now. “When your jeans are no longer flattering, it's time to trade up,” says Hodge. **“You should feel confident and comfortable in a good pair of jeans; they should be formfitting, flattering your rear and curves, but still comfortable.”** Not there yet? Permission to shop, granted!



NEXT UP! In the next edition of Project Blue, take the belly challenge. We help you lose the muffin top and slim your middle!

For tips on finding jeans that fit, go to weightwatchers.com/denimtips.

Step 3 Stand Up Straight!

Here's the easiest step of all:

Look instantly leaner in your jeans with a 30-second posture adjustment, says fitness instructor Suzanne Bowen.

- 1) Stand up straight, lift head and pull chin back so head is in line with neck and spine. Roll shoulders up, back, and down.
- 2) Then lift and gently squeeze the muscles in the lower abdomen (below your belly button) back toward your spine and up slightly, as if they were going up one floor in an elevator. “This flattens out the tummy and elongates your spine,” Bowen says.

After reading this...

Your confidence should be soaring and you should be looking long and lean in your very best jeans!



THE JEANS TEAM



Daniel James Cole, M.F.A., is a fashion historian and has been a professor at the Fashion Institute of Technology in New York City for 10 years.



Sarah Hodge is a merchandise manager and fit specialist for MyTrueFit.com, an online retailer that specializes in custom-sizing options.



Debbie Then, Ph.D., is a California-based psychologist, author, and consultant specializing in women and body image.



Suzanne Bowen, a certified fitness expert, is the owner of Seren Motus Fitness Studios in Nashville, Tennessee. She has created and starred in numerous fitness DVDs.