

PERSONAL IMAGE BLUEPRINT - PART 16

BUSINESS CLOTHING FIT

- We don't know our clothes are poorly fitted until we find something better. Getting the right fit for business clothes is a process.

Step 1: A Proper First Fitting

- When trying on suits wear the dress shoes and dress shirt that you would normally wear with it.
- Load your pockets the way you normally would for a work day.

Step 2: Start with the Right Base Measurements

- Ready-to-wear suits come sized with two basic measurements: chest sized followed by a letter for short, regular, or long. For example, a short man with a 40" chest would wear a 40S.
- One of the hardest measurements of a jacket to alter is the width of the shoulders. Only buy a jacket that fits well at the shoulders

Step 3: See What Needs Adjusting

Pay attention to the fit in these areas:

- *Jacket Fit:* Waist, shoulders (*most important*), chest, neck, sleeves.
- *Trouser Fit:* Rise, waist, seat, length, cuffs.

It's rare to get everything right even on the first round of adjustments. You can get in-house adjustment at most men's stores at no extra charge.

Make use of this service.