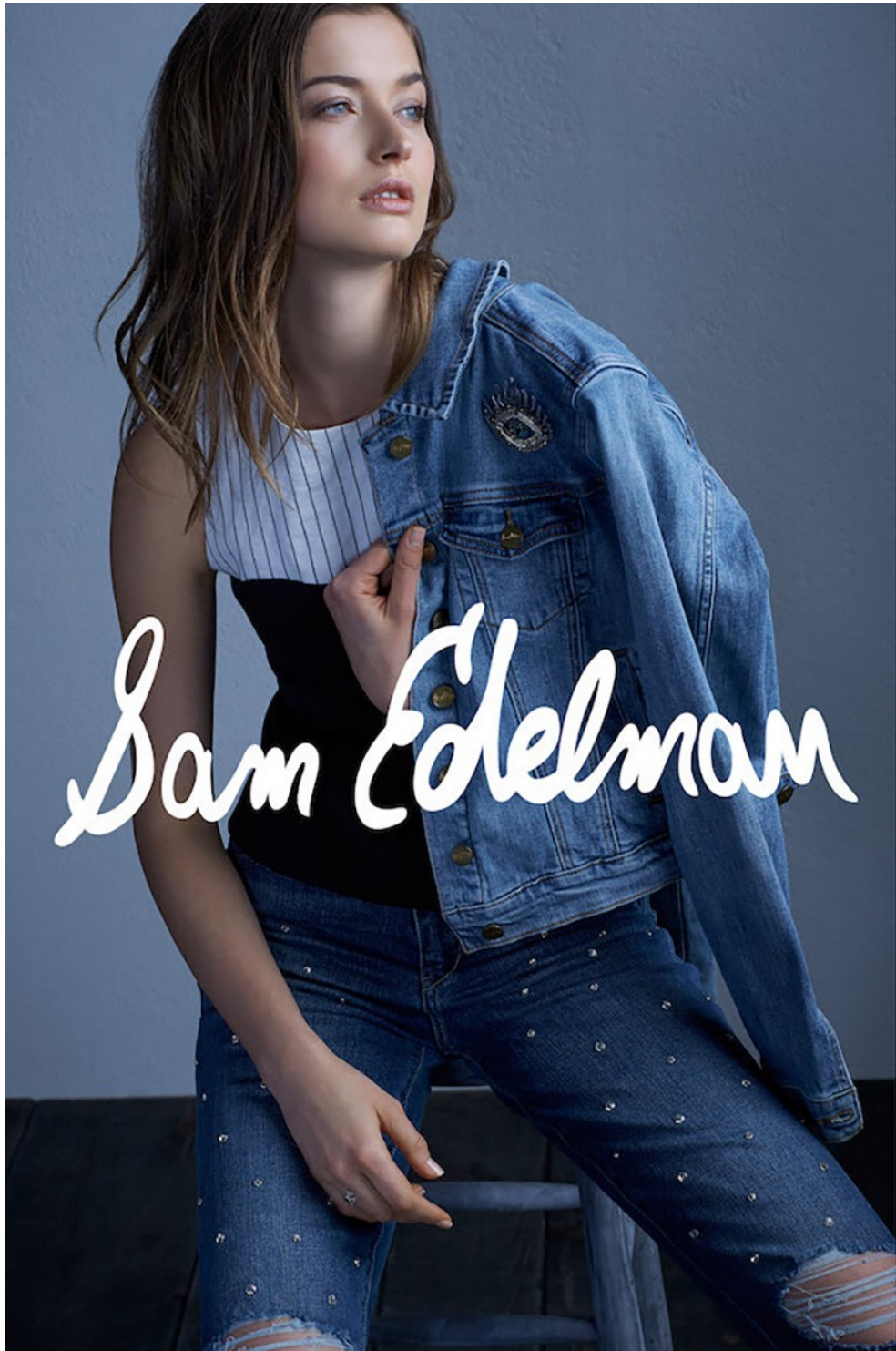


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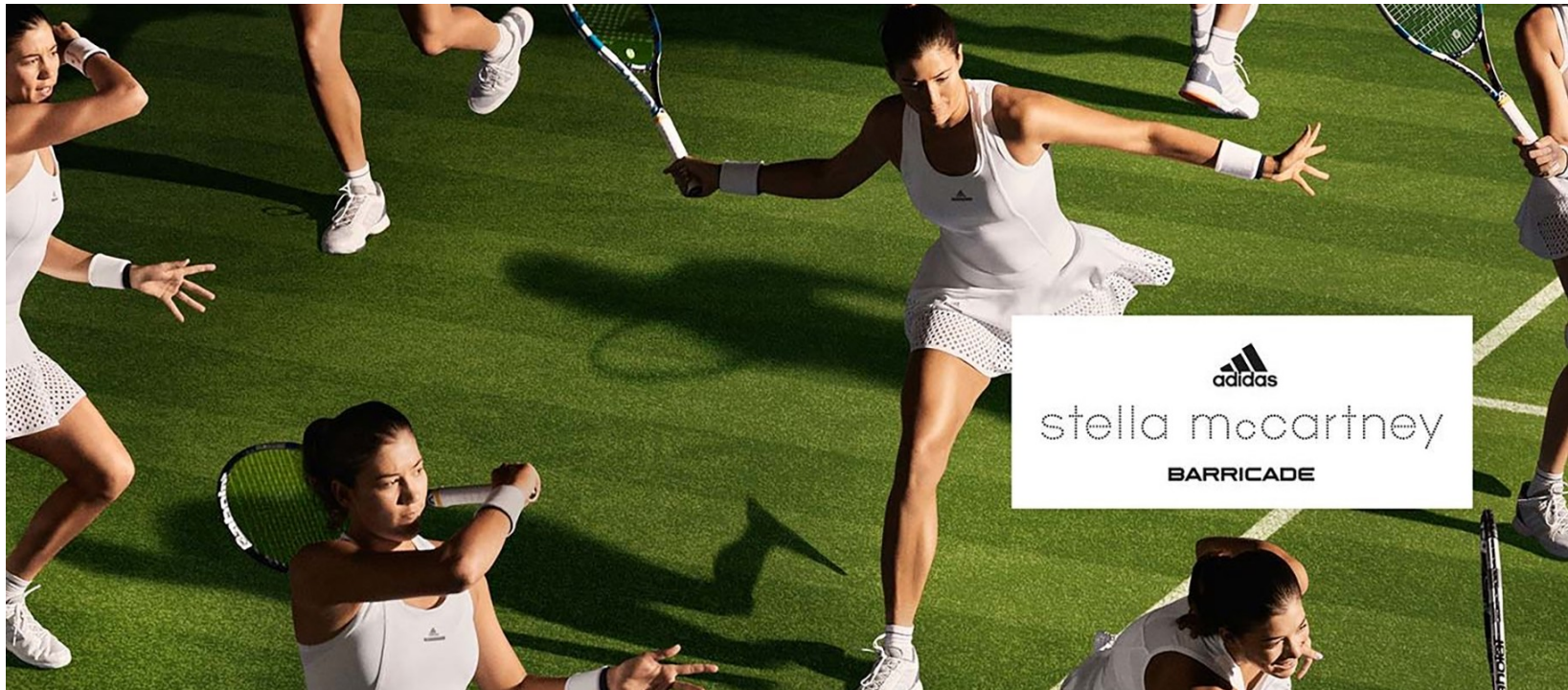
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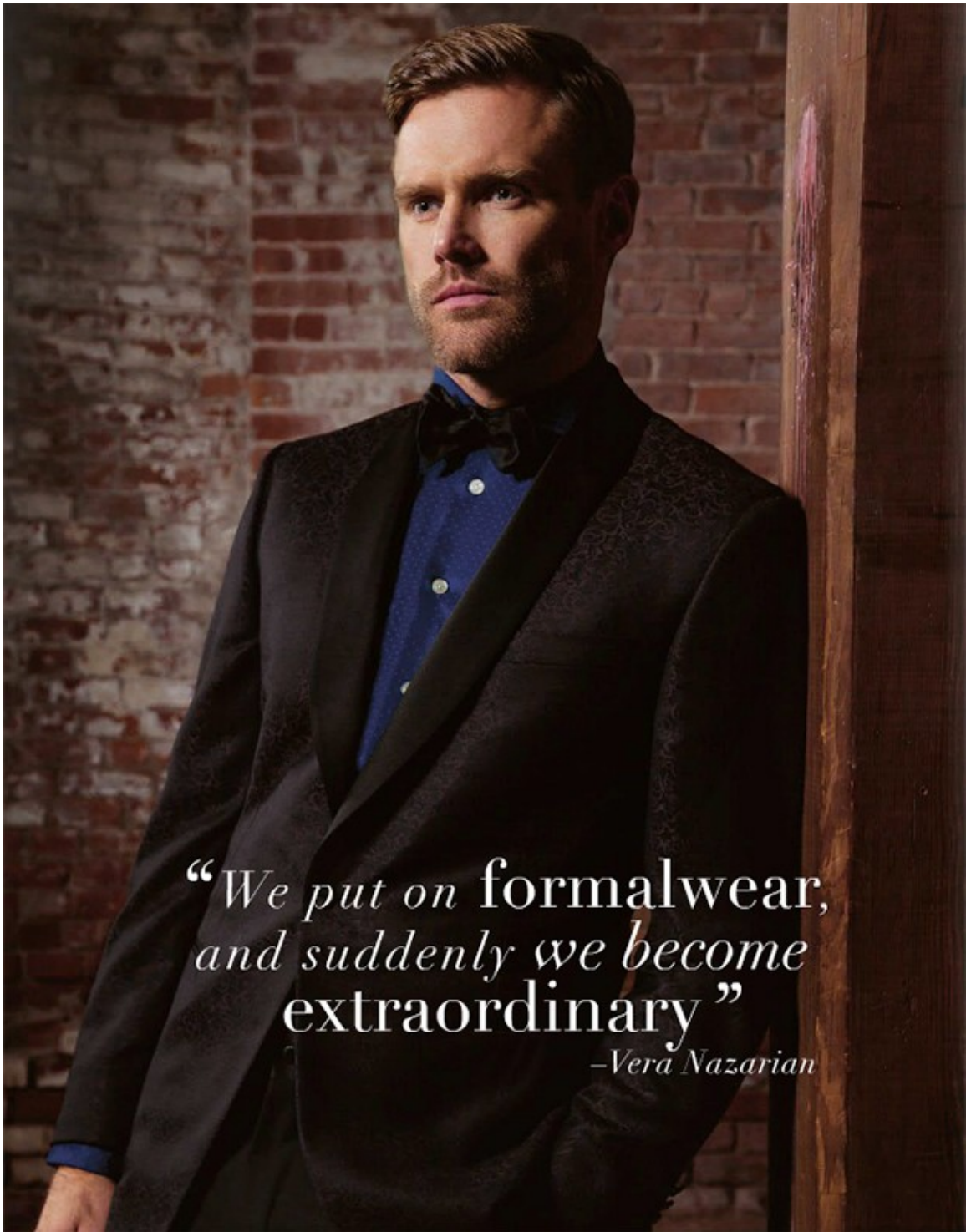
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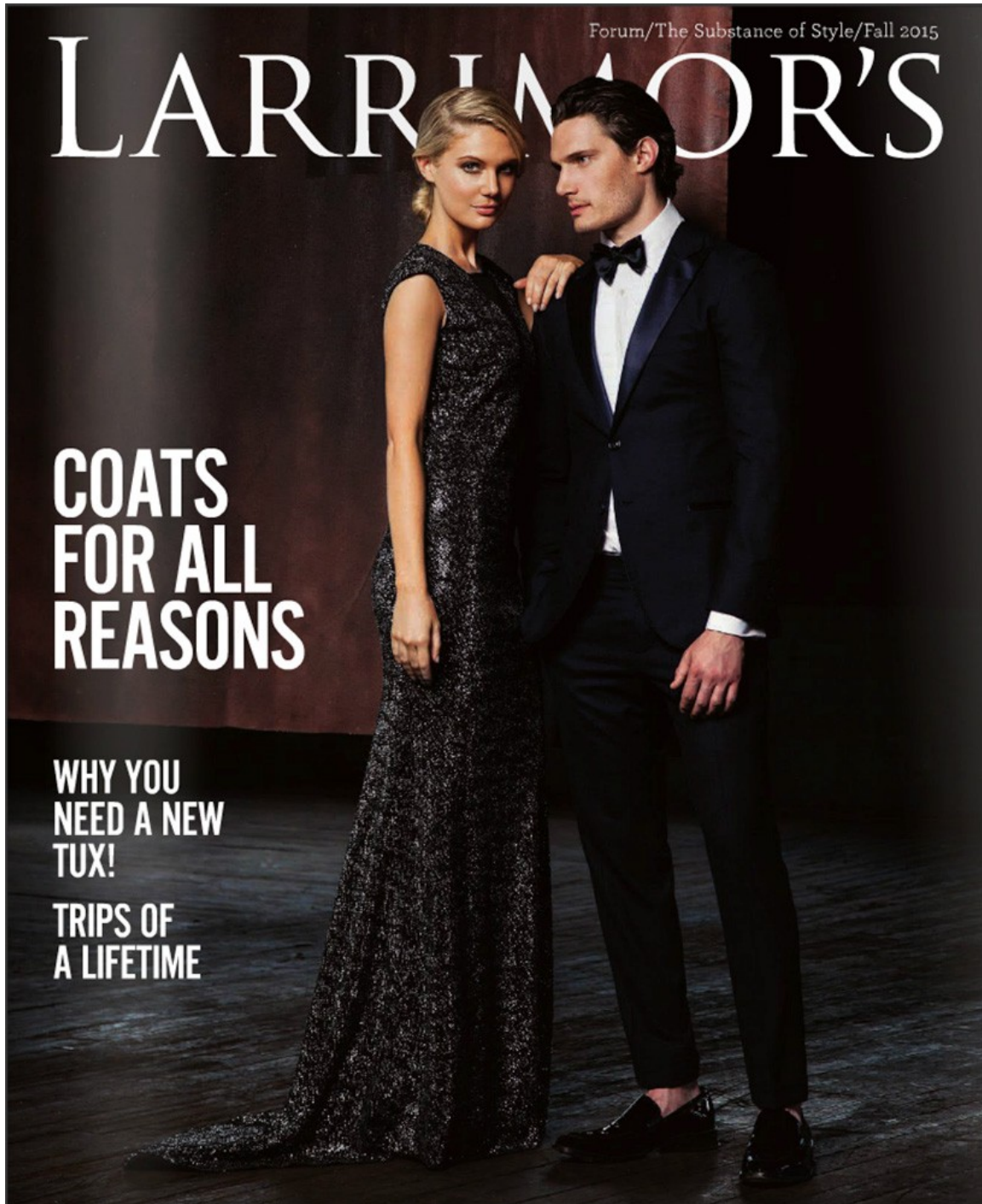


*“We put on formalwear,
and suddenly we become
extraordinary”*
-Vera Nazarian

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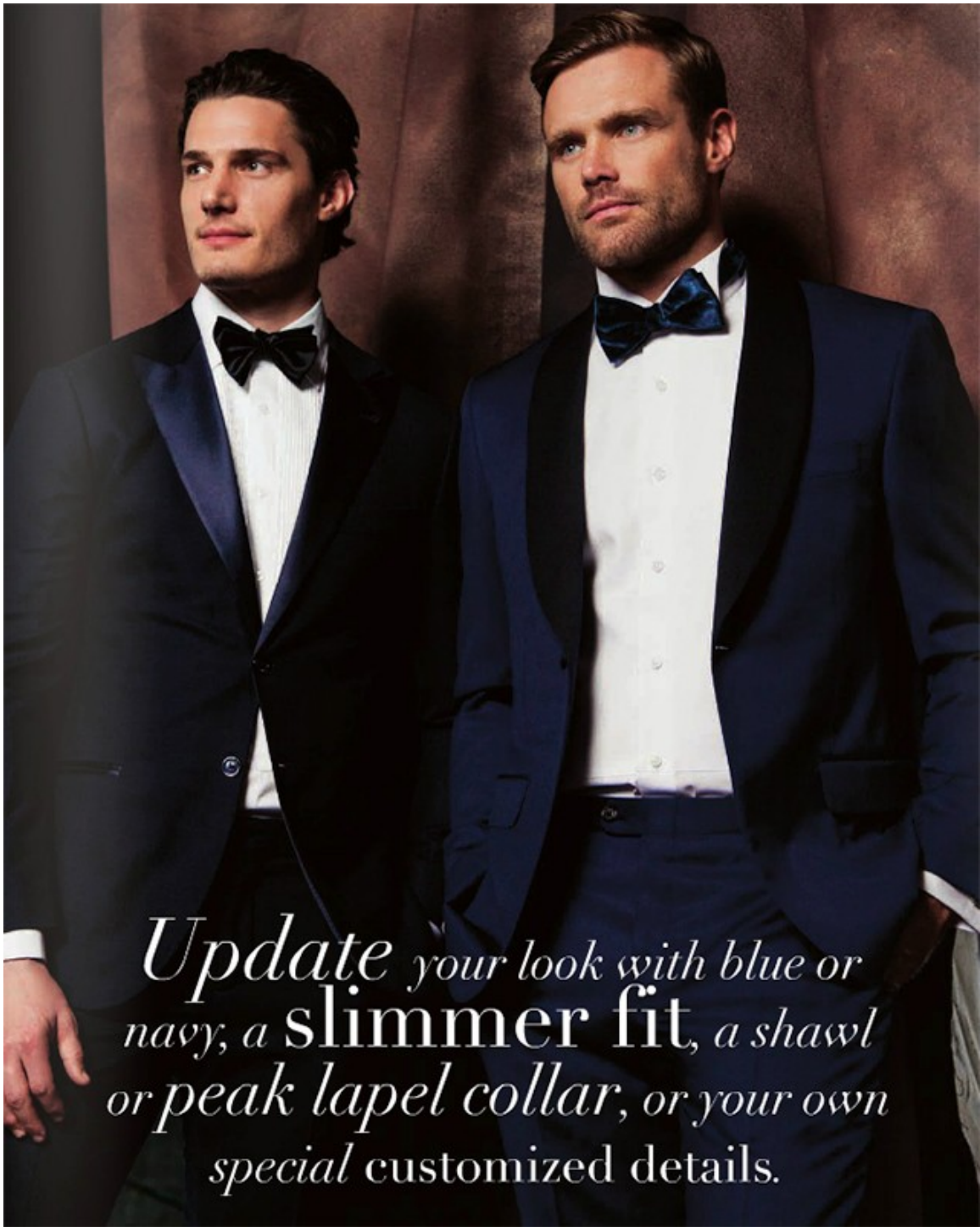
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*Update your look with blue or navy, a **slimmer fit**, a shawl or peak lapel collar, or your own special customized details.*

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fashion

Extends beyond natural shoulder, creating a stiff, boxy look.

Shirt is baggy and billowy.

Jacket is too wide, adding visual bulk.

Cummerbund is outdated.

Sleeves are too long and wide.

Pant rise is much too long. (Saggy crotch is never a good look!)

Pants are too big, causing bunching and adding bulk.

TUXEDO TUNE-UP

YOUR ONCE-STYLISH FORMAL SUIT IS DUE FOR AN UPDATE.

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Jacket follows natural slope of shoulder.

Black is always acceptable, but why not try something new in blue?

Sleeves are slightly shorter to expose a bit of shirt cuff.

Pants that fit closer to the leg take off pounds (and years)!

Hem just grazes top of shoe.

Peak lapels are still a great choice, but newer styles are slightly narrower and higher on the shoulder.

Shirt is sleek and fits close to the body.

No cummerbund is more modern.

Bottom of jacket hits at mid-hip.

MADE BY EVAN LUTHE

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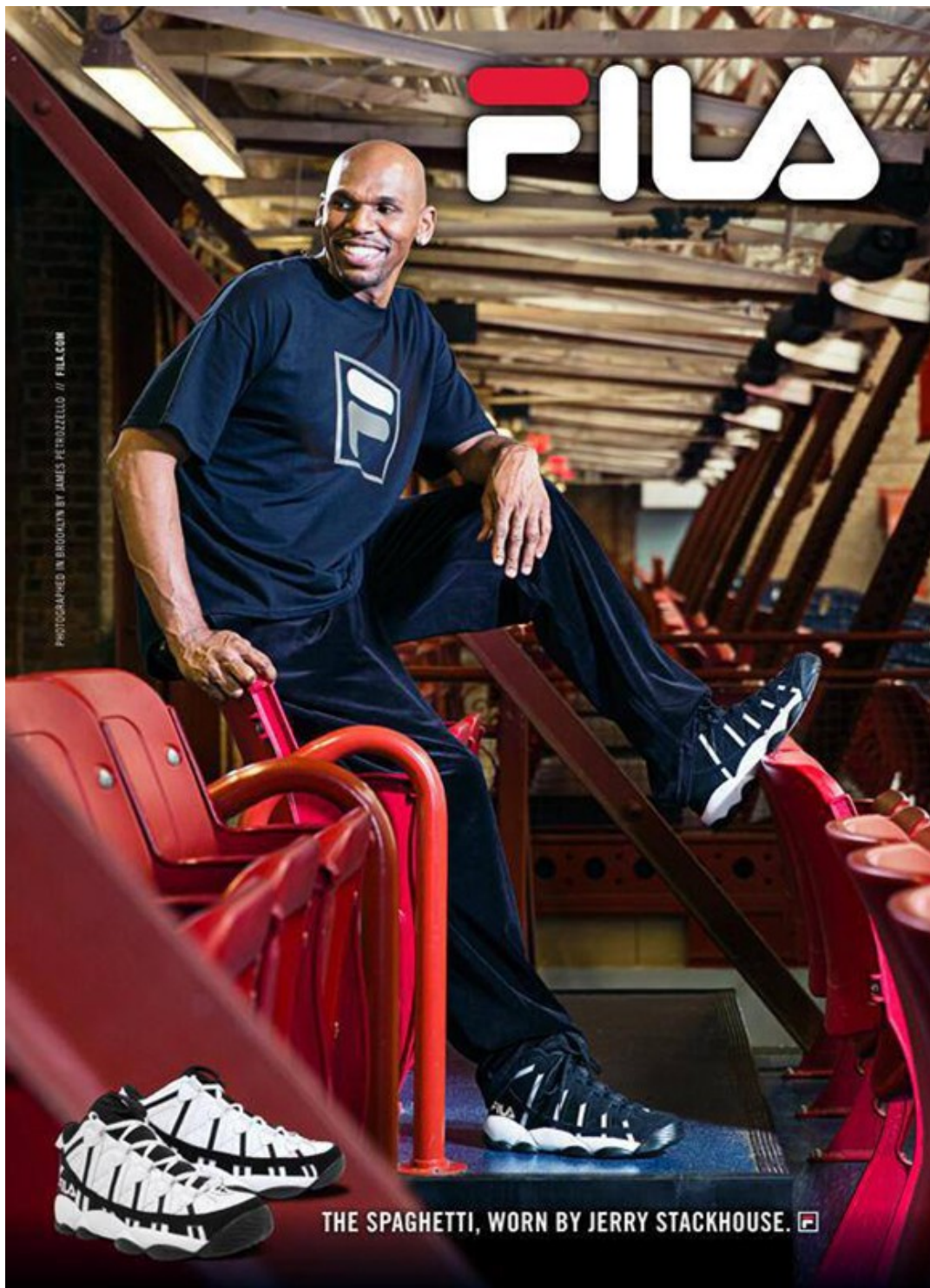
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FITNESS

BUMP WATCH

Our guide to a fit pregnancy dispels the old myths, delivers the new science, and gets you the hot-and-healthy mom bod you're after.

By Marissa Gainsburg

Shorter, easier labor. A reduced chance of developing everything from gestational diabetes to high blood pressure to postpartum depression. A healthier, more neurologically developed baby. The benefits of a fit pregnancy through exercise have been confirmed by studies over and over. So why do we as a culture have such a warped relationship with what, exactly, that should look like?

Think back to the celebrity tabloids chronicling who gained the most weight while expecting and who "bounced back from baby" quickest with a grueling postnatal exercise routine. That type of shaming still exists, but now it has a fit-infatuated cousin: social media obsessing over how women (A-listers, social stars, whoever) stay in crazy-awesome shape throughout their trimesters.

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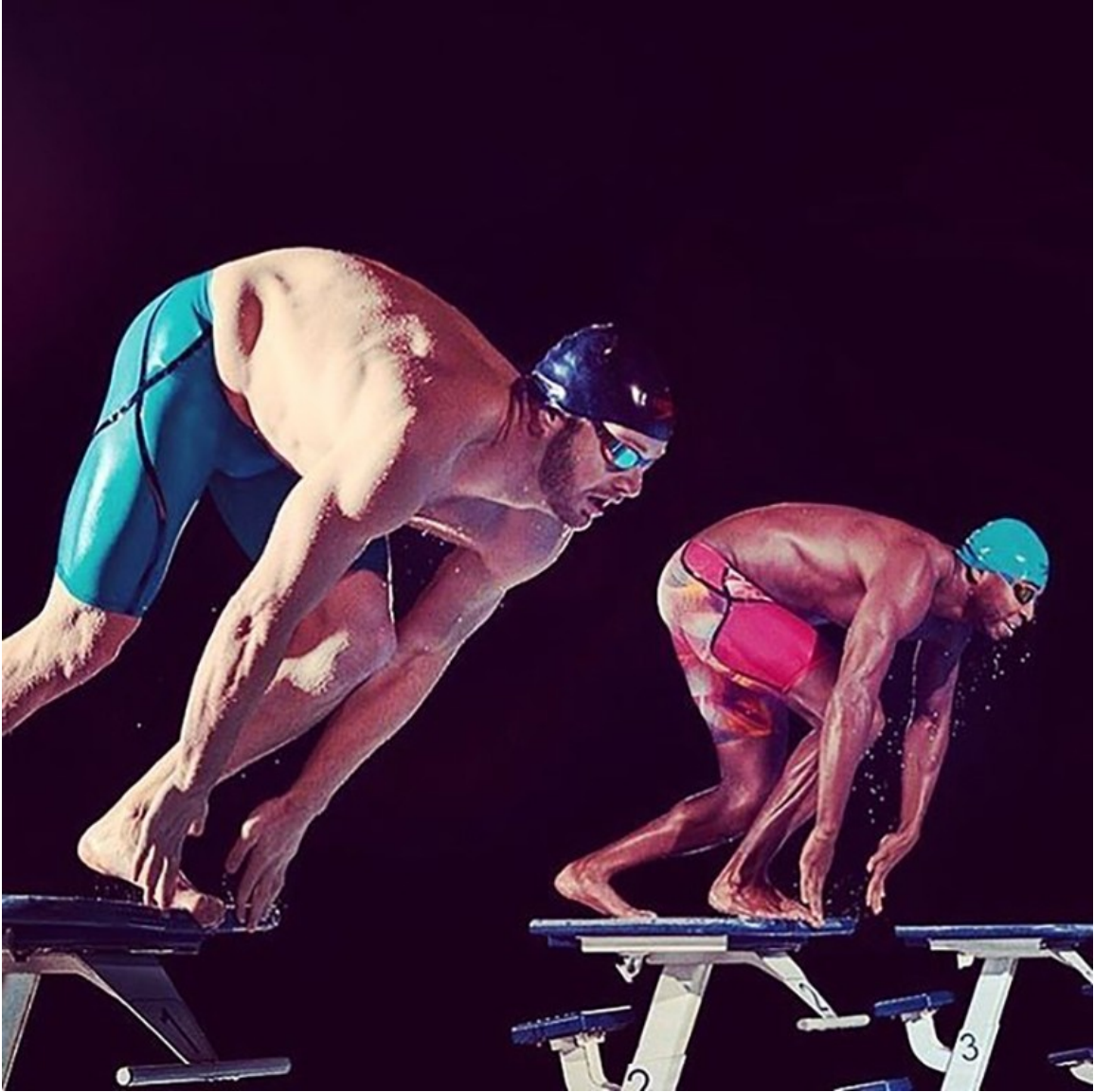
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