Men's trousers worn too loose and baggy or precariously low may require unprofessional “hitching” motions to keep them on. Low slung pants also create the illusion that a man’s legs are short and stubby.

**Fit Tests**

Tops and dresses: Raise arms; then lower them. If the garment gets “stuck” on any part of you, try the next size. As manufacturers do not label all sizes exactly the same way, the size number on the tag is not as important as the way you look in the garment. A larger size that fits with ease will actually make you look slimmer. Cut the size tag out if the number on it bothers you!

**Fitting Slacks and Skirts**

Check size by sitting down and then standing up. Does the garment bind across your legs as you sit? Are major wrinkles evident across the abdomen or hip joint when you stand? Bend over and squat as you would in assisting a patient. Are seams straining? Does your shirt tail pull out? Are your slacks so baggy or riding so low as to threaten a “mooning” incident? If so, buy a size that fits better (Figure 5-8).

**Fabric**

The crispness or draping properties of a fabric also affect how your body is camouflaged or revealed. Knit fabrics reveal, especially when a knit top is worn over knit pants. Every time you raise your arms, your top or jacket will ride up—but not down—because knit-nap sticks together. You will have to constantly pull your top down. Crisp, medium-weight, smooth woven fabrics conceal and slide up and down with ease.

Fabric bulk: Avoid wearing thick, bulky fabrics where you are “bulky”. Example: If you are top-heavy combine a lightweight top with a heavier weight pant or skirt. This will help visually balance your body (Figure 5-9).

**Prints, Size and Spacing**

Many uniforms and scrubs now come in a variety of prints. What print size will flatter you? Large people should avoid large prints, true or false?