

## How to Know Your Body Shape

By Kathryn Graves

There are 4 main body shapes:

- Apple
- Pear
- Hourglass
- Willow

You are an Apple if: Your waist measures larger than either your bust line or your hips. (Measure your waist a few inches above your belly button, typically at its smallest point. If you're an Apple, this may actually be your largest point.) You are also an Apple if your waist is the same size as your bust and/or hips.

You are a Pear if: Your hips measure larger than either your bust line or your waist. (Measure your hips at their widest point, low on the hip bones.)

You are an hourglass--otherwise known as "curvy"--if: Your waist measures smaller than both your bust line and your hips.

You are a Willow if: There isn't much difference in the measurements of your bust, waist, and hips.

These designations do not refer to weight or height. See below.

\*If you are overweight, you can still be an hourglass, or curvy.

\*If you are short, you can still be a Willow.