

# Size-Inclusive Style Guide

## IDEA AND RESOURCE LIST



Today's definition of size-inclusive fashion styling can include anything from extra small and larger body sizes to options for people with disabilities (amputees and wheelchair-users). A growing number of retailers are producing apparel with an "inclusive" mindset that benefits those of us with a need for more options.



As demand in this segment grows, a variety of companies have delivered some stylish options for just about everyone's needs. A growing number of consumers are searching for size-inclusive clothing and embracing their body shape with confidence.



Use this guide as a tool to assist in planning for an essential overhaul, gaining some new ideas, or to help you refresh your current closet inventory.



Online searches are still the most productive way to narrow down the best options for size-inclusive clothing. Pay special attention to retailers that have an easy return policy to allow time to try out the best sizes and fit for your shape. Our guide includes some online retailers that may have stores in your local area.



Remember, as you think about what you like or love about yourself, along with some things you may want to change, we are all worthy to be seen as valuable and we should aim to appreciate all the positive aspects of our individual style and body type!

# Size-Inclusive Tips and Shopping Resources

## Prepare for Change with Budget Smart Solutions



Many retailers have started offering tops, pants and jeans with “flexible sizes.” For example, here are some products that offer a way to purchase one item that accommodates a size range. Various stretch waist pants and wrap skirts provide a convenient way to stretch wearability when we experience weight shifts.

- Express.com - [FlexX Jeans](#)
- Nordstrom.com - [K. NGSLEY Snider Stretch Button-Up Shirt](#)
- AshleyStewart.com - [Cargo Pocket Denim Wrap Skirt](#)
- BloomChic.com - [Plain Button Detail Mesh Patchwork Pants](#)

## Pay Attention to Fabric Choices for Support and Breathability



Certain clothing fabrics offer extra support for workouts and everyday movement while others are able to respond to changes with body temperature for more comfort.

- Explore [temperature-sensitive textiles](#) to ensure the best comfort and motivation for exercise/movement and daily tasks.
- Ask your doctor or physical therapist about appropriate support products you may need for improving range of motion and preventing exercise injuries.
- There is a difference between a full-size bra and a plus-size bra; the right choice helps with proper back alignment and ease of movement.
- The skin is your largest organ and is vital for temperature regulation, so use clothing layers that work for your goals.

# Size-Inclusive Shopping Tips and Resources

## Explore Ways to Repurpose or Donate Unwearable Wardrobe Items



For versatility, a dress with a tighter than normal fit could be perfect under a blazer or layered under a comfy sweater. Also, there are times to say farewell to the old days and clothes you don't use any longer. When the body makes changes over time, we can choose to adapt and gift the "good stuff" we once enjoyed when this is warranted.

## Gain Healthy Inspiration From a Celebrity With Your Similar Body Type or Sources That Share Positive Vibes for Your Body Type



In the June 2022 issue of Body Image, the body positivity movement is explored and some preliminary evidence suggests that body-positive content on social media can positively impact body image. Use a balance of good judgment and reason while understanding the ultimate image is yours!

- 3D Fitting rooms are offered by some online retailers to personalize the experience and help shoppers find the perfect fit (Style Me, and True To Form offer their technology with partner stores).
- Colorwise.me allows you to upload a photo and find the most flattering palette of colors for your wardrobe (celebrity faces provide some example color profiles).
- Use fashion trend lists on reputable fashion sites to view small and large body shape style examples like the one recently updated on the Harper's Bazaar website.

# Size-Inclusive Shopping Tips and Resources

## Retail Stores with Size-Inclusive, Unique Selections

Based on an [article](#) in the International Journal of Fashion Design, Technology, and Education, as of 2016, the average woman in America wears between a size 16 and 18. Here is a list of retailers with stand-out size-inclusive options:



- [Universal Standard](#) (sizes 00 - 40)
- [Curve Girl](#) (sizes 4 - 46, offers custom tailoring for a small fee if needed)
- [Hey Mavins](#) (sizes XXS - 10X, fun and colorful bras and undies)
- [Nerecina](#) (Former celebrity tailor offers hand-made bridal gowns and formal wear for all bodies)
- [Peridot Robes](#) (size 14 - 40, collections are unique and limited edition)
- [SuperFit Hero](#) (sizes L - 7XL, all pieces made with trademarked SuperHold fabric for support with workouts)
- [SWAK](#) (Sealed With A Kiss - sizes 14 - 26, known for its workwear and easy layering options)
- [Swimsuits For All](#) (sizes 8 - 34, figure flattering swimwear)
- [Altar](#) (sizes XS - 6XL, sustainable lifestyle brand, custom sizing options)
- [Unspun](#) (custom-fit, sustainably made jeans and shorts for men and women; you choose the style and they make it fit your measurements)
- [MATE the Label](#) (sizes XS - 3X, for men, women, kids; touts natural fabrics for clothing and underwear free from toxic dyes and harmful substances such as endocrine disruptors)

## REFERENCES

1. Christel DA, Dunn SC. Average american women's clothing size: Comparing national health and nutritional examination surveys (1988–2010) to ASTM international misses & women's plus size clothing. *International Journal of Fashion Design, Technology and Education*. 2017;10(2):129–136. doi: 10.1080/17543266.2016.1214291.
2. Rodgers RF, Wertheim EH, Paxton SJ, Tylka TL, Harriger JA. #Bopo: Enhancing body image through body positive social media- evidence to date and research directions. *Body Image*. 2022;41:367–374. doi: 10.1016/j.bodyim.2022.03.008.