



Golbary



Lilach Elgrably

DRESS FOR SHRINKING SUCCESS!

What's a girl to do when she is shrinking but her clothes are not?

Stephanie Granot

Maybe you've been hitting that 7 a.m. gym class all year or finally found a diet that actually works without sucking the last drop of fun out of your life. Or, quite possibly, you're one of more than 10,000 people living in Israel who will undergo some form of bariatric surgery this year. Weight-loss surgery, be it the Sleeve or the Gastric Band, is fast becoming hotter than summer sand on a Tel Aviv beach.

Bariatric surgery has put a new face (not to mention waistline) on the universal fight against obesity and its

slew of associated morbidities. Israel has one of the highest per capita rates of the procedure, a statistic that indicates good medical care and national health insurance, not a generation of overweight Israelis. For some people who have struggled with obesity against genetically stacked odds their entire lives, bariatric surgery is both lifesaving and life-altering. But even the best life-altering events require getting used to (after all, your life has been altered), sometimes in the most unexpected ways.

Yoni, 24, had the Sleeve procedure

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three months ago and has already lost 23 kilos. She's sure it's the best thing she has ever done but is dealing with issues she hadn't anticipated as she tries to keep up with her rapidly changing body.

"It's a lot of change at once," says Yoni. "Some people expect me to behave differently. It's taken some time getting used to my new eating habits."

But what is Yoni's biggest problem? "Clothing is a huge issue. NOTHING fits. I'm still 35 kg. away from my weight loss goal, and I just can't afford to go out and buy a whole new wardrobe every 10 kg. But I don't want to walk around in sweatpants either, just when I'm at a point in my life when I'm finally starting to feel good about my body," she says.

Truly, what's a girl to do when it's not her clothes but her body that is shrinking? Here are a few secrets and suggestions for things that will look great no matter what your size and will tide you over if you're losing weight. And attention slim readers: These work for everyone.

That's a wrap! Skirts, blouses, dresses, sweaters. In short, anything that wraps is stylish, flattering and adjustable. Your weight may fluctuate at the beginning, but you don't want to let that get in the way of feeling great about yourself. A pretty wrap dress, blouse or sweater will always work.

Leggings. Called "tights" in Israel, there are possibly wardrobe staple number one. Pair them with tunics or long draped blouses, and you're good to go every day of the week.

Slimming silhouettes. Slim women know it, too: The smoother the line, the greater the slimming effect. The fewer horizontal lines, the better. Dresses are great, a skirt and top in similar shades. But a black skirt with a yellow top, for example, makes an obvious horizontal line and is not slimming. If you want to accessorize with a belt, make sure





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Karen Oberson

Lord Klitsch

it's also a similar color.

Side button/zip anything. Anything that closes on the side and not under your belly button will always look better. Period.

Shun anything shapeless or oversized. If it looks like a tent on you now, it will look like the Taj Mahal after you lose another 20 kg.

Draped tops. You can never go wrong with these. They come in a variety of sleeve lengths and look terrific with almost everything and on almost everyone. And since they're

not really size specific, they will appear to shrink along with you.

Accessories, accessories, accessories. There will never be a better time to splurge on any necklace, pair of sunglasses or designer bag you always wanted. A word to the wise: Hold off on those designer shoes, as your shoe size may be in flux as well.

And lastly, confidence. Even when you have to fake it (let's face it, everyone does), the way a woman carries herself is always her best accessory.