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I wear loose fitting clothes but I'm not hiding or hating my body

Friday, May 15, 2015

I read a blog and a separate article recently about women who dress a certain way because of their body image. I understood the intent, but now wonder if my preferences give the wrong impression.

Loose fitting clothes: They are comfortable. I can move easily in them no matter what the activity. Yes, most even have elastic waists.

If I have to get down on the floor and under a desk to check the cables on a computer, I can do that.

If I want to sprawl on the floor with grandchildren, my clothes accommodate me.

Sensible shoes: In my job as a technology coordinator I was always responding to some emergency and wanted to get there quickly. This carried over into my personal life. I don't care if high heels make my "legs look great." I don't care what anyone else thinks about the status of my legs. Note: I will put on a pair of what I call "pretty lady shoes" if I'm attending a wedding or some event that implies a certain style of dress.

Colors: I wear a lot of black and grey and other dark colors. Even my shorts are black. I'm not hiding. I can throw everything in the same wash. There's a variety of red, purple and bright blue tops too. Yep, all in the same wash. Lots of mix and match.

Makeup (Or lack thereof):

Except for some moisturizer and foundation with sunscreen, I don't own any. I bought some stuff at a friend's makeup party many decades ago, but my purchases dried up from lack of use. I never wanted to take the time to put it on or take it off. It's just not me.

Hairstyle

I don't want to fuss or spend any time on it. I don't want it to get in the way of my activities. After some unfortunate attempts at perms, I just accept my straight hair. Note: I really lucked out in the 60s – think Cher.

Note: I do dye my hair. Even what may be called vanity must be "Nice and Easy" for me. (I use #106 by the way)

Jewelry: My wedding ring and my Timex Triathlon watch. I do not have pierced ears. I do have a few pendants and necklaces of sentimental value, but in general I just don't want anything hanging on me.

I suppose I'm the fashion industry's worst nightmare. I'm happy for women who enjoy things that don't interest me. I know that my lifestyle isn't for everyone. It's all about finding our own way and being comfortable in our own skin.

Neat, clean, presentable and appropriate for the occasion – that's what I aim for.

It has nothing to do with my self-image.

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THIS2WILPASS

Woot woot 😊 Gotta love an individual who isn't afraid of their individuality

2199 days ago



CD4199227

All a matter of choices!

I usually dress activity appropriate. And appropriate to my age.whatever that means.

Probably a bit more conservative than some being from the Northeast and all.

Interesting post and interesting feedback

2205 days ago



BOILHAM

Super practical. DW is like you, doesn't care much for baubles either. Let everyone do their own thing. For me, I mostly wear looser clothes, but when I want to look 'nice' I wear skinny jeans and tighter shirts. Grandkids then tease me on how stylin' Gpa is. I think that's still the word, 'stylin' right?



2205 days ago



CAROLCRC

I do find that when I'm happy with my weight I wear brighter colors. Other than that - function over fashion any day!

2205 days ago



MJZHERE

So off to a function, and I put on those shoes that weren't my tennies (sometimes I think I should at least do it for my beautiful daughters who were going to be there - and one always has the cutest shoes). Now for days my feet have hurt because the blisters on top of my feet (new sandal types in closet for years that have never been worn). Nicer clothes? Every time I wear them I get stains! Definitely in the boat with you.

2211 days ago



TERI-RIFIC

I used to avoid stretchy pants when dieting so I wouldn't be able to gain weight and not notice it in clothing fit. But now, I prefer stretchy pants so I can be active -just like you say!

2214 days ago



KRISZTA11

Me too :)

Less black and dark color clothes, but all the rest YES !



2215 days ago



CD6059258

I think about function over fashion every few months when I need a new bathing suit and a pair of walking shoes. The suits are rarely functional and the shoes are rarely fashionable (in the

sizes I need).

2215 days ago



SPINNINGJW

Amen to not being a slave to fashion. My problem is that I feel a certain obligation to dress better than I would normally for job interviews.

2216 days ago



CD13758606

If I could wear workout clothes all the time, that is what I would choose, including the sport bra.





When I have to "dress" a certain way, I do not even recognize myself, but my DH loves it! It usually comes as a shock to those who know me.

Give me comfort, ease, and sensibility anytime.

2217 days ago



SLENDERELLA61

I enjoyed your well-written and well thought out blog. You are you and you are the expert at being you!!

I've made a lot of different choices. I don't dye my hair because I don't want exposure to chemicals and don't like the smells and process. I have pierced ears. I like them. I have diamond earrings that screw on. I have a lot of other earrings, but rarely change the little diamonds that I love. I rarely wear elastic waist pants. I don't like them. And my daughter makes fun of me when I do. I can bend and move in good fitting pants and shorts just fine. Since I retired and live in Florida, 8 months of the year I wear shorts and sleeveless tops. We keep our thermostat at 82 degrees. It's environmentally responsible and we're cheap, too. In the cooler months I usually wear short sleeves, capris or pants, and add a jacket when needed. I can't wear dressy shoes due to terrible feet, so I wear athletic shoes most of the time and have some dressier flat ones for occasions. When hubby and I dance or go to plays and symphonies I often wear dresses and I put on lipstick, mascara, and blush. That's enough That's me. We each have to find what works in our life.

I like your choices for you and my choices for me.

2217 days ago



PHEBESS

Most women dress for comfort - some still dress for fashion, but, well, after a certain age comfort and being able to move are more important.

That doesn't mean we have to be unfashionable. There's a happy medium.

And I'll admit to elastic waists - more because I'm a straight up and down body type. Women's slacks are either too tight in the waist or too huge in the hips. Rarely find something that fits both parts of me. Always been like that - just my shape.

2218 days ago



DJ4HEALTH

I am with you on comfort than all that pain and hassle of putting stuff on just because some fashion mags says that is what is best. Yes best for the fashion industry and all that other industry that profits off of women buying all that stuff.

2218 days ago



LIVEDAILY

Comfort all the way!! When I taught PreK and K, I was always on the floor with the kids. My kids had to handle dirt, paint, sand, mud, and sick kids. Yes, I've had more than 1 child actually throw up ON me in 30+ years of teaching! I wear sneakers to school. I have 2 colors of pants, black or dark navy, and they're the same style. Now I do like colorful tops, and I'm something of a scarf fiend - love them! I've never been a "fashionista" in any sense of the word - comfort all the way!!

2218 days ago



MARYJEANSL

I'm with you all the way. Rarely wear makeup - wear dresses/skirts about once a year - Easter and the occasional wedding. Dark blue, black, grey - almost everything, and yes, it is easy to throw it all in the washer together. As I (very slowly) lose weight, I am pleased if my dark elastic-waist pants fit more loosely. I have some nice jewelry, and I wear a necklace now and again, sometimes my brass rat. I live in comfortable sandals 365 days a year. In winter I wear socks with them.

2218 days ago



DOVESEYES

It's so good to see that some people just like to be comfortable and neat and tidy.

As for me I only wore 'baggy' black or dark blue when I was bigger and it was to hide all the lumps and bumps.

It has taken me a while to go back to dark colours as I do question if I'm just trying to hide myself.

I like these articles as they cause us to think about our choices.

Thanks for sharing this, also I have no problem with someone who wants to wear fitting colourful clothes and have makeup, hair and accessories for the day.

2218 days ago



CD4114015

I am TOTALLY with you! When I was younger I did wear a lot of makeup but my eyes were my best features....BUT....with menopause came a totally different amount of hair-eyelashes and I don't like seeing most older people with ALL that makeup anymore!

And I wear looser clothing styles because with any water bloat of anything like that later in my day and my brain is "sure" I have "GAINED" weight....but I'm getting better about that...but still AGREE

with you all the way.



Thanks for a great "thinker" blog!
2218 days ago



WATERMELLEN

I'm absolutely with you about wearing the clothes we like and feel psychologically comfortable in.




I wear business like professional clothes a lot of the time, but like girly stuff and leather -- colour -- and am a bit of a (thrift store) fashionista. But it's absolutely impossible to look good if I don't feel comfortable.

And: no pierced ears, very little makeup, no hair dye.

Have some pretty coloured gem stone rings (gifts from DH) which I do enjoy.
2218 days ago



PHOENIX1949

 comfort & function which saves time and money for other endeavors.
2218 days ago



HOLLYM48

As long as you are happy and comfortable, then that is all that matters. I am not big into high heels but I do love to wear lots of color but to each their own. That is what makes us all unique! Have a great day!
2218 days ago



PRNCSCUP1-2FULL

Excellent blog!! I sure do like my comfy elastic waist pants.... I like them because I can go work out and then put on another, clean, pretty top and go right out to lunch. I really don't care what others think. I dress for me and if someone compliments me on what I am wearing, then nice, but it is mine and I chose it for my reasons! If you don't lie it, well, really who cares and who asked?
2218 days ago



GINIEMIE

Comfort, ease, and safety are my concerns. Oh and allergies-that's for the stinky hair products, etc and minimal make up a bit of blush and eye shadow and sometimes lipstick-if I think of it basically I'm a minimalist. I do like fancy clothes and some fitted, depending on the event but

you are right can't get down and dirty with the little ones in slacks that are too tight.



2218 days ago



DR1939

I pretty much follow your pattern except that I like my pants tight. Loose pants are not comfortable for me. I wear reds, oranges, yellows, blues, and greens for tops and blacks for bottoms. These can be sorted into 3 color families and tossed into the washer. When I travel I limit the top to either the red, orange, yellow or the blue, green group.
2218 days ago



BBEAGAN

You could have been writing about me here! I wish I were in a job where I could wear scrubs everyday - it seems perfect. Comfortable and no fuss. I hate shopping for clothes, don't do accessories or makeup, don't even blow dry my hair, and have owned the same 2 pairs of comfortable (actually, men's) shoes for about 10 years!
2218 days ago



WELLBEING67

Count me on your side!
2218 days ago



SYLPHINPROGRESS

"but now wonder if my preferences give the wrong impression."

Not for a second. The fact that the articles about show up every several months is almost bizarre. Most obvious is that women who dress in loose clothes because of insecurities know it; they don't need article after article analyzing them. Some magazine industry or pop psychology folk may counter that it reassures the women that they're not alone are idiots. They know that, too, but still feel alone.

What sometimes gets me, though, is that anyone is paying that much attention. Such people are



either getting fat paychecks for little effort or simply have too much time on their hands.
2218 days ago



NELLJONES

I'm with you. As long as you are clean, no one should care what you are wearing.
2218 days ago



JAMIRBLAZE

I have to do dressier in my day to day, but I still tend toward comfort and stretchy. I wear good quality comfy shoes - mostly flats, minimal make up, a necklace and my day to day hoop earrings and I'm good to go. If it takes longer than 15 minutes to do, it's too long for normal occasions. I often skip make up completely if I'm not going to work.

And I'm not hiding or uncomfortable.
2218 days ago

Comment edited on: 5/15/2015 9:38:10 AM



MISCHAKEO

I also love comfortable shoes and wear them to work. Isn't it nice to wear clothes you like and no longer feel the need to hide in them? You have found your style which is perfect for your life.
2218 days ago



RUDITUDI2000

Function over fashion all the way here, most days anyway! Now that my kids are 11 and 9, I can wear jewelry when I want to look nice. I keep it pretty casual most days. My tennis shoes are reserved for my running, but I do wear birkenstock shoes almost every other minute of the day. They are not pretty, but its all about the foot not getting injured!, so I can run of course.

I think its important to know how you can dress and feel good! You rock!

Well Said!

2218 days ago



ONEKIDSMOM

I'm with you! Comfort and function... and no time spent "fussing"... or a minimum. Only wear shoes that are NOT athletic for Weddings, Funerals and official functions. They hurt. So I'm not going to wear them!
2218 days ago



SLIMMERJESSE

Good for you, to know your style and comfort zone. And you save a ton of money by not following fashion trends.
2218 days ago



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