



to 65 about their clothes-buying habits. 33% of respondents admitted they have clothes that are too small for them to wear. Forty percent purchased clothes that were too small in the hopes that one day they would lose enough weight to fit into them. If either of these scenarios sound like you now is the time for change.

Do you have clothes with the tags still on them? Try selling them on Ebay or visit a local consignment store.

Have you gone up or down more than 2 sizes than what is listed on the garment tag? Again if the item is still in great condition consider selling it or donate it to a local charity.

Are you within 1 size of fitting into the garment? Ask around for a recommendation of a good seamstress and have the item tailored to fit the size you are now. Or if the item is 1 size too small hang it front & center in your closet as a goal.

#### [Forward email](#)

#### **SafeUnsubscribe®**

This email was sent to [mary@nosweatfitnessstraining.com](mailto:mary@nosweatfitnessstraining.com) by [mary@nosweatfitnessstraining.com](mailto:mary@nosweatfitnessstraining.com).

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



No Sweat Fitness | 73730 Hwy. 111 Suite 5 | 71426 Estellita Drive | Palm Desert | CA | 92270