

**Are you interviewing, stepping up a rung, or just ready to start investing in your image? Time to buy a new suit! Don't be nervous - get started with these five tips.**

By Dawn Stanyon, AICI FLC, Professional Image Consultant



1. Go to an established men's store where trained professionals are on staff. These experts are more knowledgeable about make, style, cut, and fit than most of us can ever hope to be. They can teach you the different between traditional, European, and athletic styles and which will work best for you.

2. You should be aware of the following fit issues:

- If it feels too tight, it probably is. You should be able to fit the flat of your hand in between your chest and the front of the jacket when buttoned and the back vents should lay flat.

- If it feels a little big, it can probably be tailored: men's suits can often be taken in a full size.

- Trousers should fit at the waist (one finger inside the waistband) so you have room when you sit.

3. The correct jacket length? Stand with your arms hanging naturally at your sides. The jacket should hit just under the curve of your derriere.
4. The sleeve of the jacket should hit where your wrist bends so that your shirt can poke out 1/8" to 1/4".
5. Trousers: a "full break" is the bottom of the pant altered to hit 1" above the floor. Pleated trousers should have cuffs.

It doesn't matter if you are big and tall, compact or athletic, you can look like the professional you are or want to be. And if you are interested in learning more about menswear, check out these blogs: [The Sartorialist](#) ; [Esquire Men's Fashion](#) ; [The Style Blogger](#) .

Image courtesy of [The London Image Institute](#)

