

# SHAPE

May 2009

## shape your life news

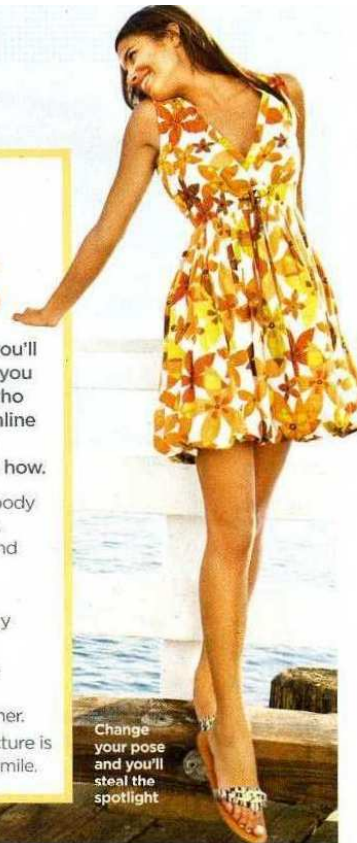


### look your best in photos

Learn to be more photogenic and you'll get a self-esteem boost every time you see the pictures. Carson Kressley, who teamed up with Nikon to host an online series called *Look Good in Pictures* ([lookgoodinpictures.com](http://lookgoodinpictures.com)), tells you how.

- Create some space between your body and your arm to appear more shapely. Try placing your hand on your waist and bringing your elbow out to the side.
- Avoid a double chin by having the photographer hold the camera slightly above eye level and pointing it down.
- Turn your face a little bit to the side instead of looking at the camera dead-on; this will make you look slimmer.
- Giggle out loud right before the picture is taken—it will give you a more natural smile.

Change your pose and you'll steal the spotlight



### how to get your mutt to love your man (you can!)

➤ YOUR HEART SKIPS A BEAT every time your new boyfriend shows up at your door—so why doesn't your dog show the same enthusiasm? "Pets can be territorial and may feel the need to protect your home," says Victoria Stilwell, host of Animal Planet's *It's Me or the Dog*. Get your pooch's tail wagging by letting your guy give him food or toys. "And when he walks in, have him give your pet a treat first," Stilwell says. Soon your pup will anticipate seeing your sweetie as much as you do.



He only looks tough; it's easy to win this guy over

# 81

percentage of people in relationships who want to get rid of stuff around the house

They don't because their significant other insists on keeping it, according to an online poll from [kijiji.com](http://kijiji.com), a free classifieds Web site. Compromise by each picking a few items to toss; if they don't get used in six months, donate or sell them.