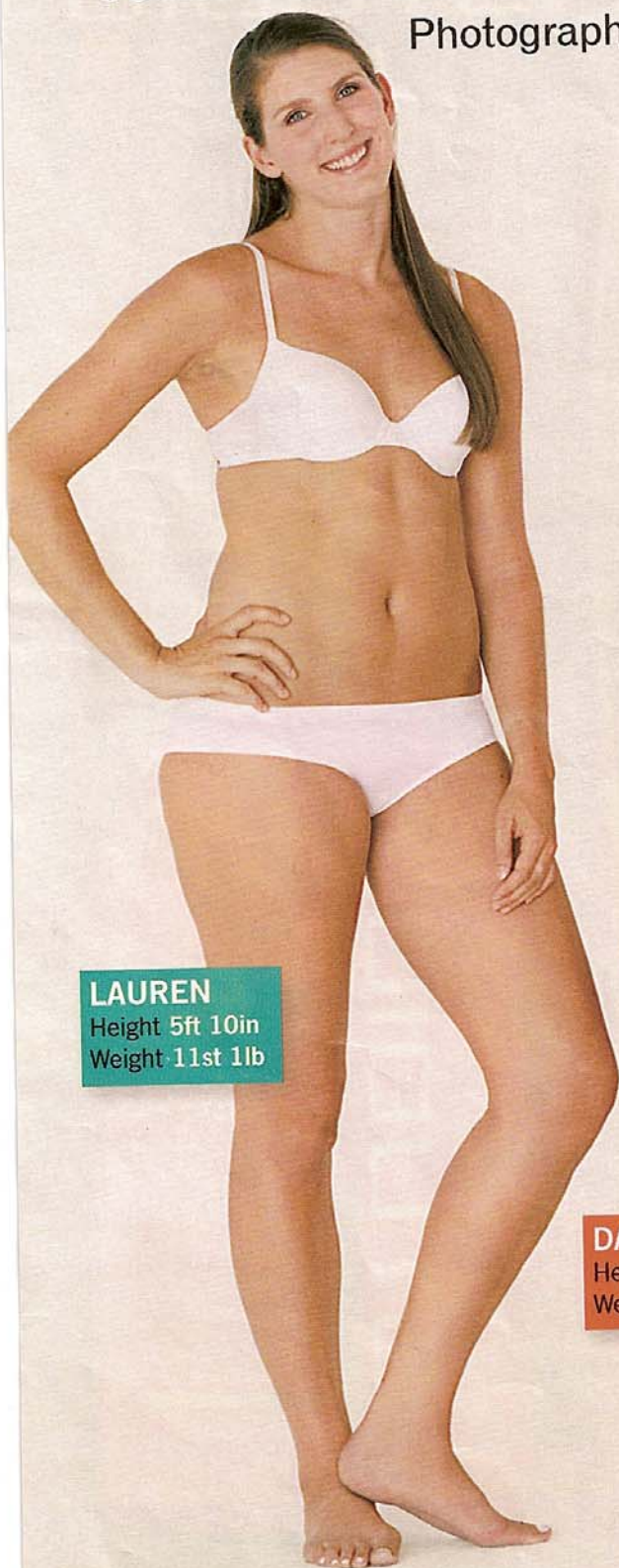


Which of these WOM

GLAMOUR asked six brave readers, all size 12, to pose in their bodies with what a random selection of men *and* women thought

Photographs by **Caroline Molloy**



LAUREN

Height 5ft 10in
Weight 11st 1lb



DANA

Height 5ft 3in
Weight 9st 11lbs



FIONA

Height 5ft 6in
Weight 10st

EN is the perfect 12?

underwear. We then compared what they said about their own of them. So, whose figure was the favourite? By **Liz Frost** ▶



ALEXIA
Height 5ft 8in
Weight 9st 5lbs



KELLY
Height 5ft 2in
Weight 9st



ROSIE
Height 5ft 6in
Weight 9st 8lbs

What *they* think of their bodies...

LAUREN BERNSTEIN

21, is a student



"I go to the gym at least three times a week, to do Pilates, a dance class, or running, so I feel pretty confident about my body. Of course there are elements I'd

like to change – what woman wouldn't want a smaller bum? And with 34A boobs, I wouldn't mind a bit more in that department either.

"Because I have quite a strong body and I'm very tall, I can sometimes feel a bit big all over. Eating healthily is very important to me and so I have lots of protein, fruit, vegetables and as few carbohydrates as possible. Although I'm very toned, I think most men prefer more petite women, don't they?"

DANA GORNITZKI

30, is a writer



"As I age, I feel more confident about my figure. I've grown to love my curves. I know many women obsess about being slim but I actually love my '50s style

figure – I was just born in the wrong decade. I have a 34DD chest and a nipped in waist so I'm really excited about all the glamorous clothes in fashion this season that will let me show it off. I seem to attract men who like an hourglass shape rather than a leaner, tomboy figure. I've never had any complaints, anyway.

"The one thing I don't like are my legs – they're too short. But there's nothing I can do about that so why should I worry?"

FIONA MURDOCH

31, is a social worker



"I used to be a size 10 and felt better about my body then. I'd like more toned arms, a smaller waist and my boobs to be as pert as they were when I was 16 – wouldn't we all? The way

I feel about myself is influenced by other people's reactions. If I'm cycling and someone shouts out 'Nice legs, love', I do feel better.

"I grew up in New Zealand where most people have a very healthy lifestyle so I try to stay in the best shape possible. Aside from cycling to work every day, I try to eat wholesome foods and lots of healthy oils and soya products. I drink lots of green tea and eat tons of fresh fruit and vegetables."

ALEXIA FRANGOPULOS

26, is an art consultant



"I think my figure is quite curvy but in proportion and fairly athletic. I suppose I should be happy with that; but of course I'm not! I wish I had a more petite, skinny frame

because I think it looks chic. If I put on weight, it goes straight to my bottom and thighs and becomes impossible to shift. But I don't obsess about it. I swim as often as I can and that keeps me in good shape. I've dieted in the past but I don't worry about it too much. I'd rather put more effort into choosing flattering clothes.

"Boyfriends have always been complimentary about my body, which has worked wonders for my self-esteem."

KELLY POYNTER

29, is a temp



"I feel very self-conscious about my hips, so I avoid clothes that accentuate them – but otherwise I feel OK about my shape. In fact, boyfriends tend to compliment me on my

bum, which has grown a bit over the years.

Like most women, I've flirted with diets when I've felt I needed to drop a dress size quickly, but I don't think I need to lose weight at the moment so there's little motivation to lay off the treats. In fact, my friends often say how lucky I am to be this size with the amount I eat. My diet includes carbs and plenty of unhealthy snacks but I balance it with regular exercise."

ROSIE THURGOOD

20, is a receptionist



"I'm the first to admit I've got a bit of toning work to do. My stomach, thighs and arms wobble more than I'd like. Some boyfriends have actually quite liked this

– but you never know if they're just saying that!

"I've also got a pretty big chest for my frame (34C) which can make me look a bit top heavy. But rather than put myself on some miserable weight-loss regime, I just get a good fake tan – it hides a multitude of sins.

"My saving grace is that I'm quite tall, so I can usually get away with wearing most fashion styles – but I can't take the credit for that, it's down to my genes." ►

GLAMOUR went to find out what the average person on The MEN say...



LEON BETSWORTH, 27, English student

"Kelly has a great waist – she's the classic pear shape that most men love. I prefer Alexia though because she's in proportion, whereas most of the other girls seem big hipped and small busted."

JORDAN HANNAWAY, 24, retail supervisor

"Alexia is nicely curvy with good sized boobs. She looks toned too, which I like. Fiona's got an athletic figure, but I personally don't find that as sexy."



HÉLIO MARTINUS, 28, sales assistant

"I go for girls with a more sporty physique and Fiona fits the bill. She's got great legs and looks really fit."

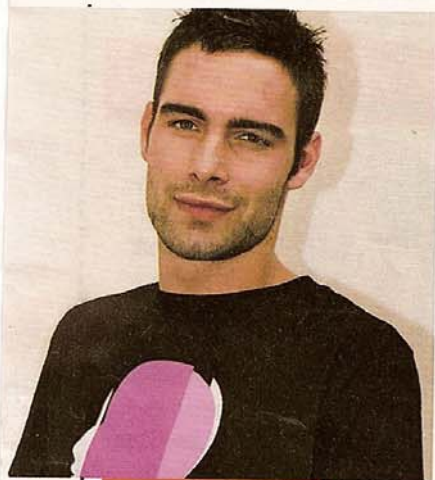
CHARL MARAIS, 24, photographer

"Kelly has an incredibly small waist. It gives her a really feminine shape, which I love."



COLIN YOUNG, 33, retail manager

"Alexia has the best body. She's not the slimmest girl in the line-up but she looks fantastic."



ADAM GOUGH, 23, sound engineer

"I usually go for petite girls so Fiona would probably be my first choice, but having said that I still prefer women to have more cleavage."



DANIEL FOULDS, 22, hairdresser

"Alexia looks really womanly – she's got curves in all the right places. She's not too skinny either, which is good because that can be a real turn off. Dana's got a great cleavage too, and I like a bit of a stomach on a girl."

LINCOLN WALDRON, 22, entrepreneur

"Rosie looks great to me. She seems comfortable with her body and relaxed to be pictured in just her underwear – the same goes for Dana. Both girls look like they'd be fun and that's more attractive than anything."



**MEN'S CHOICE
50% VOTED
FOR ALEXIA**



Interviews by Jo Uppcraft. Additional photographs: Suzy del Campo *www.workingone-to-onepartnership.com

the street makes of our size 12s

The WOMEN say...

JULIE HANNON, 26, model

"I love Alexia's long shapely legs, great boobs and toned stomach. But she doesn't look like she kills herself working out – how annoying!"



KATY ROXBURGH, 23, singer

"Fiona has the perfect bikini body – she's small all over with no lumps and bumps. Rosie looks good too – she looks very comfortable with her body."



HANNAH TOMPLIN, 21, student

"Dana has a great shape. She's less boyish looking than the other women with fantastic boobs. There are too many skinny women these days – she's by far the sexiest."

JANEACE THOMPSON, 28, student

"Fiona has a fabulous figure. She's not too thin, but in perfect proportion. Seeing a line-up of women like this is really reassuring. It highlights how different we all are. Let's hope the men are taking note!"



LEA KAPLIN, 31, sales assistant

"Fiona is definitely the winner for me. She's got great skintone, is petite and in proportion. Rosie looks good too. She's curvier but still well balanced."



ALICE MOLES, 22, production assistant

"What woman wouldn't love to look like Fiona? Her stomach is like a washboard and her legs are really slender – I bet she can wear anything she likes. Lauren also has a great upper body – I'd love muscles like that."



REBECCA GIBBS, 28, model

"I'd be happy to look like Rosie. She's the most in proportion with long, toned legs and she's not stick thin. She looks healthy which I'm sure attracts lots of men."



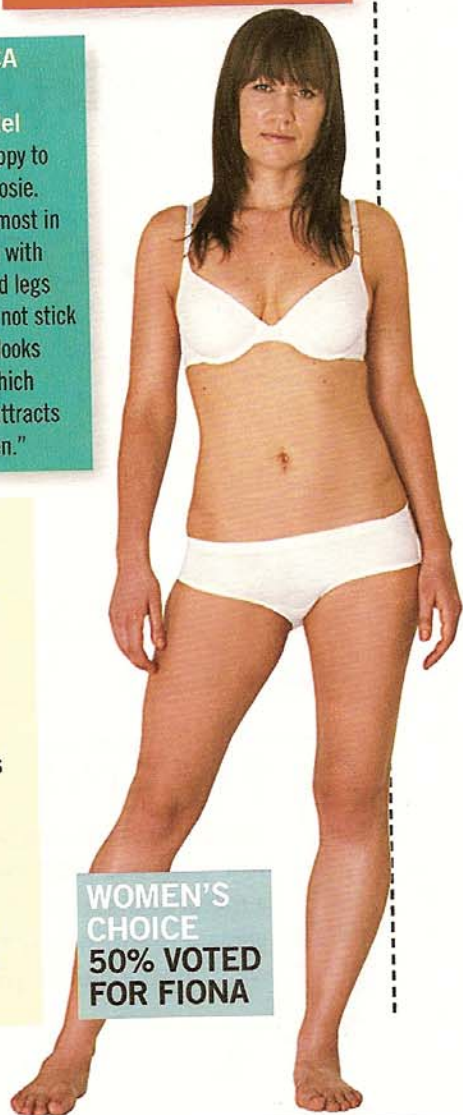
NAO SHIMIZU, 28, shop assistant

"Kelly has a tiny waist, but Fiona's my choice. Her figure is lean but she still has decent sized boobs – the perfect combination. I bet it comes with plenty of work in the gym though."

WHAT THE EXPERT SAID

"It doesn't surprise me that there were such different responses from men and women," admits psychologist Jenny Summerfield*. "Nowadays, the 'perfect figure' is portrayed in the media as really slim and without many curves, so sadly most women hold that perfect icon in their head instead of looking around them at other women in the street as a comparison. Marilyn Monroe was an icon in the '50s because of her curves and she was a size 14 – the average size for women today."

"Men, on the other hand, whether they realise it or not, are attracted to women because of their basic instinct to reproduce. They will be drawn to women who have larger hips and look healthy because they stand more chance of bearing healthy children. Although some men have been brainwashed by the media representation of the perfect figure being slim, for most, instinct is something that is too strong to fight." ©



**WOMEN'S CHOICE
50% VOTED FOR FIONA**