

The Necessity of a Wardrobe Workout

I feel very strongly about this! In fact, I have included a whole chapter on the subject in *Hot Stuff: the Ultimate Guide to Style for Women of a Certain Age*, and have completed (successfully!), many Wardrobe Workouts for women who chose not to do it alone ...

For many of us, the idea of throwing away or otherwise disposing of clothes in our wardrobe that are in great condition, is anathema; it's wasteful and unnecessary! But is it time you did something about the space occupied by clothing you may not have worn for the last 10 years? Or since you were 10 Kg lighter or 10 years younger?

The question we must all ask ourselves, no matter our age or lifestyle is do we really need all these clothes? The answer, if you're being true to yourself, is probably no.

Before you start, here is a quick tip to help the process along: Hang everything in your wardrobe with the coat hanger facing towards you; that is, with the open part of the hook facing out. When you wear something, reverse the coat hanger. At the end of one month you will be amazed at how many of your clothes you don't wear; in fact, you're probably not wearing 80% of your clothes!

For this to be really effective, you should hang everything ... all your tops, sweaters, t-shirts, etc ...

So ... how do you go about rationalising your clothing?

- You must be totally ruthless with your current wardrobe.
- If you haven't worn something for 6 months, clear it out!

You can only consider the Workout as being finished when you have 5 clearly labelled piles of clothing:

1. **Throw them away;**
Too many stains, too worn, too tight, too ugly, and maybe even 'pilled'
2. **Alter them if you can (or find a good seamstress/tailor);**
Only go to the trouble and expense of this exercise if the article of clothing is a classic and worth saving. If it's a cheap jacket you bought at H&M or Target or K-Mart or Zara, don't bother! If you love the colour and style so much you cannot live without whatever-it-is, have it made up in a different fabric and with an up-to-date twist.
3. **Sell them;**
eBay, the local market, a car boot sale, Facebook. You'll be amazed at how many people buy pre-loved clothing ... it must be clean and in reasonable condition. There are some second-hand shops that will take clothing on consignment.
4. **Pass them on to someone else;**
If the clothing is good quality and someone has admired it, give it to them! But please don't give away stuff because it's easier doing that than choosing any of the other options; you paid money for these items. And don't insult friends and family by trying to palm off your rubbish ...
5. **Store those with *real* sentimental value;**
Maybe your wedding dress? Or the dress you wore on your first date with your husband? If you really can't bear to let something go, wrap it in tissue paper with a ton of moth balls and slide it away somewhere. Remember to top up the moth balls at least once a year!

Having cleared away the rubbish, there are certain items that every woman should have in her wardrobe for that look of eternal chic and style! These **Must have items for your wardrobe** are the subject of a separate article ...

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