

THE BEACH ISSUE! DOS, DON'TS AND DOUBLE DON'TS

# GLAMOUR

JULY 2008

## 101 racy little sex ideas

For you, for him,  
for every night this  
summer, p. 166

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## 12 good ways to be a little bit bad

## 20 FOODS THAT FIGHT CANCER

## The scariest money mistake women make (it's not shoes!)



# Is your body normal?

Your height, your weight, your bra size—see how every inch of you compares here. By Sarah Robbins



## Normal by the numbers



# 36C

The average woman's bra size—up from a 34B just nine years ago.

# forty-four

Percent of young American women who wear a size 12 dress or larger

# 8

The average American woman's shoe size

# 36.5

Average woman's waist, in inches around. It's healthier to keep it under 35 inches, experts say.

# 64

Average height, in inches, of an American woman (that's 5'4").

# 156½

Average weight, in pounds, of a woman in her twenties. That number climbs to **163** for a woman in her thirties.

# fifty-seven

Percent of women who are at least somewhat satisfied with their body weight and shape

## 4 weird things that are very normal

**Loving your breasts:** 26 percent of women we polled call them their favorite body part.

**Not liking your belly:** 46 percent of women say it's their least favorite body part.

**Letting body hair grow—** only 18 percent of women say they remove it consistently, even in winter.

**Being a little lopsided up top.** "A half-cup difference is nothing to worry about," says Pam Peeke, M.D.

## What's not so normal, but you love it anyway?



"My toes, which my sister calls 'tingers.' One is as long as my pinkie." —PHYLLIS KUNG, 26, AUSTIN, TEX.

"My nose. I never grew into it, but I still love it." —ALISA SLOAN, 37, PORTLAND, ORE.



"My scars. You don't have to be flawless to be fabulous!" —NIKKI WALKER, 31, ATLANTA

"My thick brows. I love the way they frame my face." —AMY PREISER, 21, LONG BEACH, CALIF.



## How would you describe your body?



**10%**  
I'm an apple.



**18%**  
I'm straight up and down.



**24%**  
I'm a pear.



**48%**  
I'm an hourglass.

Nearly 600 women on [glamour.com](http://glamour.com) revealed their body shape. And many of us wonder: Can you change it? To some extent, says Lauren Goldberg, a trainer at Peak Performance in NYC. "Your butt shape is genetic. But the waist is easier to change. Bring that in and the rest of your body instantly looks different."

Go to [glamour.com/normal](http://glamour.com/normal) to take a quiz to see how you compare on this issue and next month's topic!