

Be
Comfortable.
Be Confident.
Be You.



NWB
LIFE EMPOWERMENT

Comfort is
NOT a Luxury.
It's Self-Love.

COMFORTABLE *and* Confident PLUS SIZE GIRL'S GUIDE

Your Ultimate Guide to Comfort, Style, Support & Self-Love



COMFORTABLE
SHOES



BRAS FOR DAILY
& WORKOUT



COMFORTABLE
UNDERGARMENTS



LOUNGE & LEISURE
CLOTHES



BEAUTIFUL
LINGERIE



CONFIDENCE
& SELF-LOVE



Be Comfortable in Your Size.

YOU ARE BEAUTIFUL. YOU ARE WORTHY. YOU ARE ENOUGH.



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Because Your Feelings Are Valid

OPENING LETTER

You Are Not Alone, Sis.

There is something I need you to hear before you read another word: You deserve comfort. Not someday. Not after you lose weight. Not when you feel "good enough." Right now — in the body you have today — you deserve to feel beautiful, supported, and at ease every single day.

"Your size does not determine your worth. Your comfort is not vanity — it is wellness."

YOUR STORY

Have You Ever Felt This Way?

Let's be honest — this is a safe space.

Have you ever walked into a room and instantly felt too hot, sweaty, clammy, and deeply uncomfortable — not because you were sick, but because you had the wrong clothes on your beautiful plus size body? The waistband cutting in. The bra digging into your shoulders. The fabric rubbing in all the wrong places. You smiled through it, but inside all you wanted was to go home and breathe. Have you ever skipped a workout — not because you were lazy, but because you felt disgusted with the workout gear you owned? The sports bra that did absolutely nothing to hold you in place. The leggings that rolled down the moment you moved. The shirt that clung in ways that made you want to hide. You wanted to take care of your health, but the gear made you feel worse before you even started. Have you ever bought the cutest shoes — falling in love with them in the store — only to realize thirty minutes in that they cannot handle your weight? Your feet aching, your back hurting, your knees screaming. You limped back to your car wondering why you even tried. Have you ever bought clothes that looked amazing on the hanger but sat completely wrong on your body? Too tight here, too loose there — because the designer never imagined your beautiful curves when they created it. I have been there way too many times. And I know you have too. That is exactly why this guide was created. This is here to solve your problems. At least knowing where to start is better than being

completely lost. If you are a plus size girly — or you love one — share this guide and help make their world a little easier, a little softer, and a whole lot more comfortable.

"Just because you are a big girl does NOT mean you have to struggle and be uncomfortable. There are solutions. You are not alone."



Comfortable *and* Confident

PLUS SIZE GIRL'S GUIDE

Style. Support. Confidence in Every Step.

MVB
LIFE EMPOWERMENT

BE COMFO
IN YOUR
BE BEAU
IN YOUR
BE CONF
IN YOU

SNEAKERS

Everyday comfort. All-day support. Cute meets functional.



WORKOUT SHOES

Built for movement.
Made to support.



DRESS SHOES

Professional. Polished. Powerful.



WORK PUMPS (SEXY & COMFO)

Look good. Feel good. Boss mo



SEXY HEELS

Confidence is your best accessory.



CLASSIC PUMPS

Timeless style. Everyday elegance.



PLATFORM HEELS

Height, comfort and stability.



SLIDES & SANDALS

Easy to wear. Perfect for any day.



HOUSE SLIPPERS

Soft. Cozy. Made for relaxation.



HOUSE SLIDES

Quick. Cozy. Around the house com



TIPS FOR PLUS SIZE WOMEN

- ✓ Choose shoes with arch support.
- ✓ Look for wide width & extra room.
- ✓ Cushioning is your best friend.
- ✓ Quality over quantity.
- ✓ Your comfort is your power.



YOU DESERVE
COMFORT. YOU DESERVE
BEAUTY. YOU DESERVE
TO FEEL GOOD IN YOUR
BODY AND YOUR SHOES.
You are enough.

REMEMBER

- ✓ Just because you are a plus size girl does not mean you have to sacrifice comfort or style.
- ✓ There are solutions.
- ✓ You are not alone.
- ✓ Walk in comfort. Walk in confidence.
- ✓ You got this!

PART TWO

Walk Beautifully. Walk Without Pain.

CHAPTER 1

Best Walking & Everyday Shoes

The right walking shoe eliminates back pain, knee pain, and foot fatigue. Plus size women need arch support, cushioning, and wide-width options — these are not luxuries, they are necessities. Here are the highest-rated brands by plus size women:

<p>HOKA Cloud-like max-cushion. Beloved for all-day comfort and serious joint relief.</p>	<p>Brooks Wide-width range, GuideRails stability. Top-rated for knee & back pain relief.</p>
<p>New Balance Trusted wide-width options. Excellent arch support, true to size.</p>	<p>Skechers Affordable memory foam. One of the top-rated everyday comfort brands.</p>
<p>ASICS Gel Series Outstanding gel cushioning. Reduces impact on knees and hips.</p>	<p>Nike Air Max Stylish AND supportive. Serious cushion for plus size walkers.</p>

- ◆ Wide width (2E or 4E) to prevent pinching and swelling
- ◆ Deep heel cup for stability and ankle support
- ◆ Shock-absorbing midsole to protect knees and hips
- ◆ Breathable mesh uppers to prevent overheating
- ◆ Removable insoles so you can add custom orthotics

CHAPTER 2

Comfortable Work Shoes

Eight hours on your feet demands professional shoes that actually support your body. The wrong work shoes cause chronic back pain, swollen feet, and knee damage over time.

<p>Dansko Gold standard for nurses & retail. Rocker bottom dramatically reduces fatigue.</p>	<p>Clarks Elegant office styles with genuine cushioning. Wide widths available.</p>
<p>Naturalizer Beautiful professional styles with N5 Contour all-day comfort technology.</p>	<p>Vionic Podiatrist-designed footbeds. A game-changer for plus size women with foot pain.</p>
<p>Skechers Work Slip-resistant memory foam. Perfect for restaurant, retail & healthcare.</p>	<p>Merrell Comfortable for mixed surfaces. Excellent for women who walk all day at work.</p>

"You work hard. Your shoes should work just as hard for you."

Comfortable Workout Shoes

Working out requires shoes that handle your weight, provide lateral support, and cushion high-impact movements. Never let the wrong shoe steal your fitness journey.

<p>Brooks Adrenaline GTS Highest rated for plus size walkers & runners. GuideRails technology.</p>	<p>Hoka Clifton Maximum cushion for cardio. Reduces joint stress dramatically.</p>
<p>ASICS Gel-Kayano Top choice for overpronation. Exceptional stability for plus size.</p>	<p>Nike React Infinity Designed to reduce injury. Soft, supportive, and stylish.</p>
<p>New Balance Fresh Foam Wide widths, excellent support for gym workouts and classes.</p>	<p>Saucony Triumph Plush cushion, wide platform. Great for walking-to-running transitions.</p>

Date Night Shoes That Don't Hurt

Being plus size does NOT mean sacrificing style for comfort. Block heels, wedges, and cushioned flats can be just as stunning as stilettos — and you'll actually enjoy your entire evening.

<p>Torrid Designed FOR plus size women. Gorgeous styles, wider widths, better support.</p>	<p>Lane Bryant Trendy date night styles in extended widths. Excellent for curvy fashion.</p>
<p>Naturalizer Beautiful dressy styles with N5 Contour cushion. Wearable for hours.</p>	<p>Vionic Stylish heels and flats with orthotic-level support. A revelation for nights out.</p>
<p>Clarks Artisan Elegant styles with OrthoLite cushioning. Perfect for dinner and events.</p>	<p>Comfortiva Luxurious materials with serious cushion. Dressy yet wearable all night.</p>

- ◆ Block heels: more surface area = better weight distribution than stilettos
- ◆ Wedges distribute your weight evenly across the whole foot
- ◆ Platform soles add height while reducing the angle on your foot
- ◆ Look for padded insoles and cushioned footbeds in all dressy shoes
- ◆ Wide-width options mean less pinching — more confidence to enjoy your night

Casual Lounge & Leisure Shoes

<p>UGG Slippers The ultimate luxury house slipper. Supportive, warm, gloriously comfortable.</p>	<p>Birkenstock Cork footbed molds to your foot. Incredible arch support for leisure wear.</p>
<p>Crocs Lightweight, cushioned, customizable. A plus size favorite for slip-on ease.</p>	<p>Skechers Foamies Memory foam slip-ons. Walking on clouds for everyday casual comfort.</p>
<p>L.L. Bean Slippers Durable house slippers with real arch support — not flat like most.</p>	<p>Acorn Moc Soft, supportive, machine washable. Great for all-day indoor wear.</p>



COMFORTABLE & CONFIDENT

Plus Size Girl's Guide

COMFORT. SUPPORT. BEAUTY. CONFIDENCE.
Underneath it all, you deserve to feel amazing.



Be com
in you
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COMFORTABLE BRAS FOR EVERYDAY

Support that feels as good as it looks.

WIRELESS BRAS No wires. All comfort.	FULL SUPPORT BRAS Lift. Support. All-day confidence.	BACK SMOOTHING BRAS Smooth look. Seamless comfort.	T-SHIRT BRAS Seamless. Invisible. Everyday essential.

WORKOUT BRAS

Move with confidence. Stay supported.

HIGH IMPACT Maximum support for intense workouts.	MEDIUM IMPACT Perfect for gym, yoga & more.

BEAUTIFUL LINGERIE – FEEL SEXY, FEEL YOU

Feminine. Sexy. Made for your curves.



COMFORTABLE UNDERGARMENTS

The right fit makes all the difference.

COTTON BRIEFS Soft. Breathable. Everyday comfort.	SEAMLESS BRIEFS No lines. No irritation. Just you.

SHAPEWEAR & SUPPORT

Sculpt. Smooth. Support. You decide how you feel.

SHAPEWEAR BRIEFS Smooth tummy. All-day hold.	HIGH WAIST SHAPER Waist control. Confidence boost.	SHAPEWEAR SHORTS No chafe. No ride up. All comfort.	BODYSUITS Smooth everything. Support in all the right places.

LOUNGE & SLEEPWEAR

Soft. Cozy. Perfect for relaxing.

BRAILETTES Light support. All-day comfort.	LOUNGE SETS Cozy looks you'll love to live in.

WHY COMFORT MATTERS

- ♥ Proper support reduces back & neck pain
- ♥ Boosts confidence & posture
- ♥ Better fit = better comfort
- ♥ You deserve to feel good every day

YOU DESERVE
COMFORT.
BEAUTY.
CONFIDENCE.
YOU DESERVE
YOU.

TIPS FOR THE PERFECT FIT

- ✔ Know your size – get measured
- ✔ Look for wide bands & adjustable straps
- ✔ Choose breathable fabrics
- ✔ Comfort is not a luxury, it's a necessity
- ✔ Never settle for less than you deserve

YOU ARE NOT ALONE. THERE ARE SOLUTIONS.

Be comfortable in your size. Be confident in your skin. ♥

PART THREE

Support That Loves Your Body Back

CHAPTER 6

Comfortable Bras for Daily Living

A properly fitting bra is genuinely life-changing. For plus size women, an ill-fitting bra causes shoulder pain, back pain, skin irritation, headaches, and posture problems. This is one of the single most impactful comfort investments you can make for yourself.

"80% of women wear the wrong bra size. Get measured today — your back, shoulders, and confidence will thank you."

<p>Lane Bryant / Cacique The plus size bra destination. Incredible range of sizes, styles, and support.</p>	<p>Torrid Fashion-forward plus size bras with real support. Wireless options are exceptional.</p>
<p>ThirdLove Half-cup sizing means you finally find your perfect fit. Soft and supportive.</p>	<p>Elomi Outstanding engineering for larger cup sizes. Highly rated by DD+ women.</p>
<p>Goddess Bras Designed for full-figured women. Exceptional side support and back smoothing.</p>	<p>Wacoal Premium full-support bras. The Awareness bra is beloved worldwide by plus size women.</p>
<p>Spanx Bras Incredible back-smoothing. Feels like a second skin with real support.</p>	<p>Natori Luxury feel with serious engineering. Beautiful AND supportive.</p>

♦ Bra Fitting Guide for Plus Size Women

- ♦ Get measured every year — weight changes affect bra size
- ♦ The band should be snug — fit two fingers underneath, no more
- ♦ The center gore (front panel) should lie flat against your chest
- ♦ No overflow at top or sides — if there is, go up a cup size

◆ Straps should not dig in — if they do, your band may be too loose ◆

Start on the loosest hook and tighten as the band stretches over time

High-Support Workout Bras

The right sports bra eliminates workout pain, prevents long-term breast tissue damage, and gives you the confidence to actually MOVE. You deserve to exercise without discomfort — and without worrying about support.

<p>SheFit Rated #1 by plus size women. Adjustable band AND straps. Truly customizable.</p>	<p>Glamorise MagicLift Legendary support for larger cups. Wire-free with incredible lift.</p>
<p>Enell Used by plus size marathon runners. Maximum encapsulation for high-impact.</p>	<p>Nike Plus Size Extended sizing with Dri-FIT technology. Stylish and highly supportive.</p>
<p>Girlfriend Collective Sustainable, sizes through 6XL. Excellent medium-to-high support.</p>	<p>Fabletics Great value plus size sports bras with serious support and moisture-wicking.</p>
<p>Under Armour Infinity High-impact with extended sizing. Compression + encapsulation design.</p>	<p>Panache Sport UK gold standard for DDD+ cup sports support. Exceptional engineering.</p>

Comfortable Underwear & Shapewear

<p>Skims Kim's inclusive brand. Seamless styles that work beautifully under everything.</p>	<p>Knix Leak-proof AND gorgeous. Wireless, seamless options plus size women love.</p>
<p>Spanx Underwear Comfortable everyday undies with light smoothing. Zero painful digging.</p>	<p>Soma Embraceable Ultra-soft, laser-cut edges. Zero visible lines, maximum comfort.</p>
<p>Commando Luxury seamless with buttery-soft fabrics. Zero discomfort all day long.</p>	<p>Undersummers / Thigh Society Anti-chafing shorts specifically designed to eliminate inner thigh chafing.</p>



PLUS-SIZE WORKOUT *Essentials*



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COMFORT. SUPPORT. CONFIDENCE.
EVERY WORKOUT. EVERY BODY.



THE BENEFITS OF MOVING YOUR BODY



Boosts confidence



Increases energy



Improves mood



Supports overall wellness



Strengthens your body



MUST-HAVE WORKOUT ESSENTIALS FOR PLUS-SIZE WOMEN

SUPPORTIVE SPORTS BRAS

High support.
No bounce. All comfort.



COMFY & STRETCHY ACTIVEWEAR

Move freely.
Feel amazing.



COMFORTABLE WORKOUT SHOES

Support your feet.
Protect your joints.



WORKOUT ACCESSORIES

Small tools.
Big difference.



ACTIV OUTERWEAR

Layer
Stay com



COMFORT IS KEY



BREATHABLE FABRICS
Keep cool.
Stay dry.



SWEAT-WICKING MATERIALS
Pull sweat away from your body.



STRETCH & FLEXIBILITY
Move with ease and confidence.



CHAFE PROTECTION
Anti-chafing shorts & balms are a must!

♥ COMFORT = CONSISTENCY

DON'T FORGET RECOVERY



FOAM ROLLER
Relieve tension.
Improve flexibility.



MASSAGE GUN
Reduce soreness.
Speed recovery.



HYDRATION
Water is your best friend.

TIPS FOR PLUS-SIZE WOMEN

- ✔ Wear what makes you feel good and supported.
- ✔ Choose quality over quantity.
- ✔ Focus on how you feel, not how you look.
- ✔ Progress is progress—no matter how small.
- ✔ Celebrate every win!



YOU ARE NOT ALONE.

Every body is different.
Every journey is personal.
What matters is that you show up for YOU.

You got this!

PART FOUR

Dress Comfortably. Feel Luxurious.

CHAPTER 9

Cozy Lounge & Leisure Clothes

Your lounge clothes are your self-care uniform. The right loungewear should feel like a warm hug, drape beautifully over your curves, and make you feel gorgeous even on your most relaxed days.

<p>Savage X Fenty Rihanna built this for bodies like yours. Stunning inclusive loungewear.</p>	<p>Skims The softest fabrics imaginable. Matching sets that feel like true luxury.</p>
<p>Universal Standard Premium quality basics in sizes 00–40. Thoughtful plus size design.</p>	<p>Torrid Plus size fashion leader. Incredible lounge sets, pajamas, and soft tees.</p>
<p>Old Navy Plus Affordable quality through size 4X. Cozy fleece and soft cotton options.</p>	<p>Soma Luxury-feel pajamas and loungewear designed specifically for curvy bodies.</p>

♦ Best Fabrics for Plus Size Comfort

- ◆ Modal — ultra-soft, breathable, doesn't cling uncomfortably
- ◆ Bamboo — moisture-wicking and temperature-regulating for women who run hot
- ◆ Stretch cotton — breathable and moves with your body without binding
- ◆ Jersey knit — soft, stretchy, drapes beautifully over curves
- ◆ Fleece — cozy and warm without being bulky or stiff

CHAPTER 10

Outerwear That Fits & Flatters

<p>Torrid Trendy, fashionable coats in plus sizes up to 6X with real warmth.</p>	<p>Lane Bryant Classic and modern outerwear designed for curvy women's proportions.</p>
<p>Columbia Plus Size Weather-resistant jackets with serious warmth in extended sizing.</p>	<p>ASOS Curve Huge variety of plus size outerwear at accessible prices. Very current.</p>
<p>Eloqui Fashion-forward coats and blazers for plus size women who love style.</p>	<p>Catherines Classic plus size outerwear for sizes 0X–5X. Great for petite plus too.</p>

CHAPTER 11

Activewear & Workout Gear

You deserve activewear that makes you feel powerful, not self-conscious. The right workout gear stays in place, wicks moisture, moves with your body, and makes you feel like the fierce, capable woman you are.

<p>Girlfriend Collective Sustainable, true to size, through 6XL. Squat-proof and stunning.</p>	<p>Fabletics Plus Quality at accessible prices. Strong waistbands that actually stay up.</p>
<p>Nike Plus Size Iconic styles in extended sizing. Dri-FIT keeps you cool and dry.</p>	<p>Athleta Plus Premium activewear engineered for real movement. Power Flex is incredible.</p>
<p>Old Navy Active Plus Affordable, functional, surprisingly good quality for everyday gym wear.</p>	<p>Torrid Active Stylish plus size workout clothes that keep up with your most intense sessions.</p>

PART FIVE

Lingerie & Inner Wear for the Plus Size Girly

CHAPTER 12

Beautiful Lingerie for Plus Size Women

Lingerie is not just for a certain body type. It is for every woman who wants to feel feminine, luxurious, and deeply beautiful in her own skin. Wearing gorgeous lingerie — whether for yourself, a partner, or just on a Tuesday for no

reason — is one of the most powerful acts of self-love you can practice.

"You do not have to wait until you are smaller to feel beautiful. You are beautiful NOW. Dress for the body you have today."

<p>Savage X Fenty Rihanna built this for you. Stunning, inclusive, empowering — through size 4X.</p>	<p>Adore Me Plus Gorgeous lingerie sets at accessible prices. New styles monthly in plus sizes.</p>
<p>Torrid Lingerie Incredibly beautiful lingerie designed specifically for plus size proportions.</p>	<p>Lane Bryant Cacique Elegant, supportive, and beautifully designed. The plus size standard.</p>
<p>Playful Promises Curve UK luxury lingerie for plus size women. Editorial-quality designs.</p>	<p>Hips & Curves Dedicated plus size lingerie retailer with an incredible selection.</p>

CHAPTER 13

Everyday Intimates That Feel Like a Hug

Your everyday intimates are worn closest to your body every single day. They should feel gentle, breathable, and comfortable from morning to night.

<p>Knix Everyday The most comfortable everyday bras and underwear. Zero wires, zero digging.</p>	<p>ThirdLove Everyday Half-cup sizing in a soft everyday collection. Finally a bra that fits.</p>
<p>Soma Embraceable So soft it feels like nothing. Seamless, tagless, beautifully designed.</p>	<p>Hanky Panky Plus Luxurious lace everyday wear that stretches beautifully over every curve.</p>
<p>Skims Everyday Incredibly smooth. Feels like a second skin — in the best possible way.</p>	<p>Fruit of the Loom Comfort Flex Reliable, affordable cotton everyday intimates through size 3X.</p>

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MVB LIFE EMPOWERMENT ♦ Comfortable & Confident

PART BONUS

Be Comfortable in Your Skin

Be Comfortable in Your Skin

Being a plus size woman takes real strength. But here is what you must know: you are not the problem. Ill-fitting products are the problem. Limited sizing is the problem. A world that told you comfort was not for you is the problem. You are not the problem. You never were.

"Just because you are a big girl does not mean you have to struggle. There are solutions. You are not alone. You are enough."

BONUS 2

Affirmations for the Plus Size Girly

Read these out loud. Read them in the mirror. Let them sink in.

- ◆ My body deserves comfort — in every moment, every day.
- ◆ I am beautiful in my current size. I do not have to wait.
- ◆ Comfort is not something I need to earn. It is my right.
- ◆ I deserve clothing that was designed with my body in mind.
- ◆ My curves are not a problem to be solved. They are me.
- ◆ I am allowed to take up space — joyfully, comfortably, boldly.
 - ◆ I invest in my comfort because I love myself.
 - ◆ Feeling good in my body is not vanity — it is self-love.
 - ◆ I am worthy of beautiful, comfortable, luxurious things.
 - ◆ I will walk comfortably and confidently into every room.

BONUS 3

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Wellness Tips for Plus Size Women

◆ Foot Care

- ◆ Soak feet in warm Epsom salt water weekly to reduce swelling and pain
- ◆ Moisturize feet nightly — cracked heels are preventable with good cream
- ◆ Elevate your feet 20 minutes after long standing days to reduce swelling
- ◆ Compression socks during long workdays dramatically reduce foot fatigue
- ◆ Replace workout shoes every 300–400 miles or every 6 months

◆ Chafing Prevention

- ◆ Anti-chafe sticks (Body Glide, Gold Bond Friction Defense) are a must-have
- ◆ Wear anti-chafing shorts or Thigh Society bands under dresses

and skirts ◆ Moisture-wicking fabrics dramatically reduce friction and heat rash ◆ Stay hydrated — dehydrated skin is more prone to friction and irritation

◆ Plus Size Shopping Tips

◆ Always check the size chart for EACH brand — plus sizing is not universal ◆ Read reviews from plus size customers specifically — they tell the truth ◆ Order two sizes when trying a new brand and return what doesn't fit ◆ Stretch fabrics and elasticated waists are your best friends ◆ Natural fabrics (cotton, modal, bamboo) breathe better and reduce irritation ◆ Invest in a few quality foundation pieces rather than many cheap ones ◆ Follow plus size fashion influencers who share body-honest reviews

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MVB LIFE EMPOWERMENT ◆ Comfortable & Confident

A Closing Word from MVB

Your size does not determine your worth. You deserve to walk comfortably through every room you enter. You deserve clothing made with your body in mind. You deserve to feel beautiful in the mirror — today, not ten pounds from now. Today. You deserve softness. You deserve confidence. You deserve support. You deserve elegance. You deserve peace in your everyday life. Comfort is not vanity. Comfort is wellness. Comfort is self-care. Comfort is confidence. Never apologize for taking up space. You were created beautifully — exactly as you are. Now go forth, gorgeous. Walk comfortably, live confidently, and share this guide with every plus size girly who needs to hear it: there are solutions, you are not alone, and you are so deeply worthy of comfort.

With Love,

MVB Life Empowerment

Wellness ♦ Confidence ♦ Healing ♦ Empowerment

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