



LET'S

TALK

TUM!

JIND

FIRST OFF*

let's talk
basic shapes.

(before stepping too deep into body types, you should have a grasp on basic anatomy. it's helped me a whole bunch!)



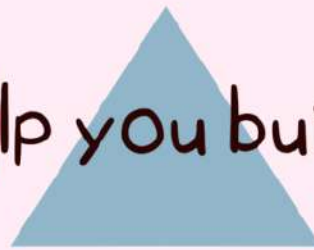
the human body can be broken up into many of these! simplifying it this way is essential to understanding body types *and* can help with anatomy.

For example, shapes give us a good look at important intersections on the body. i.e. the bend in your arms.

* a good reference i often use is how the tips of the fingers usually rest in this section of the thighs.

tldr:

shapes help you build the body.



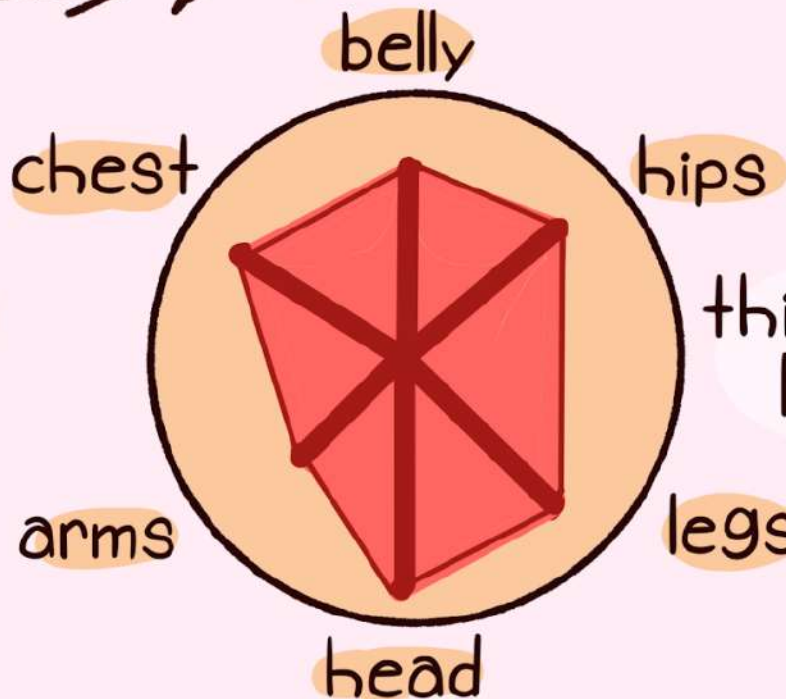
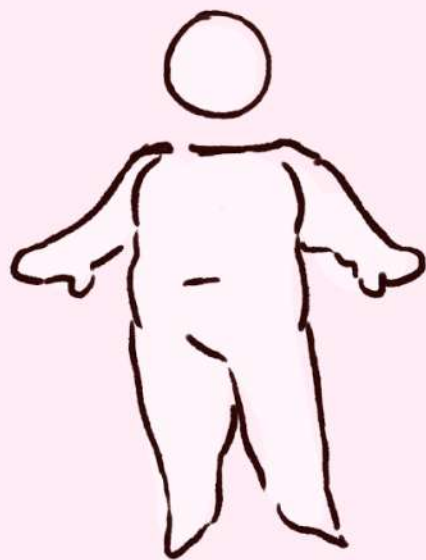
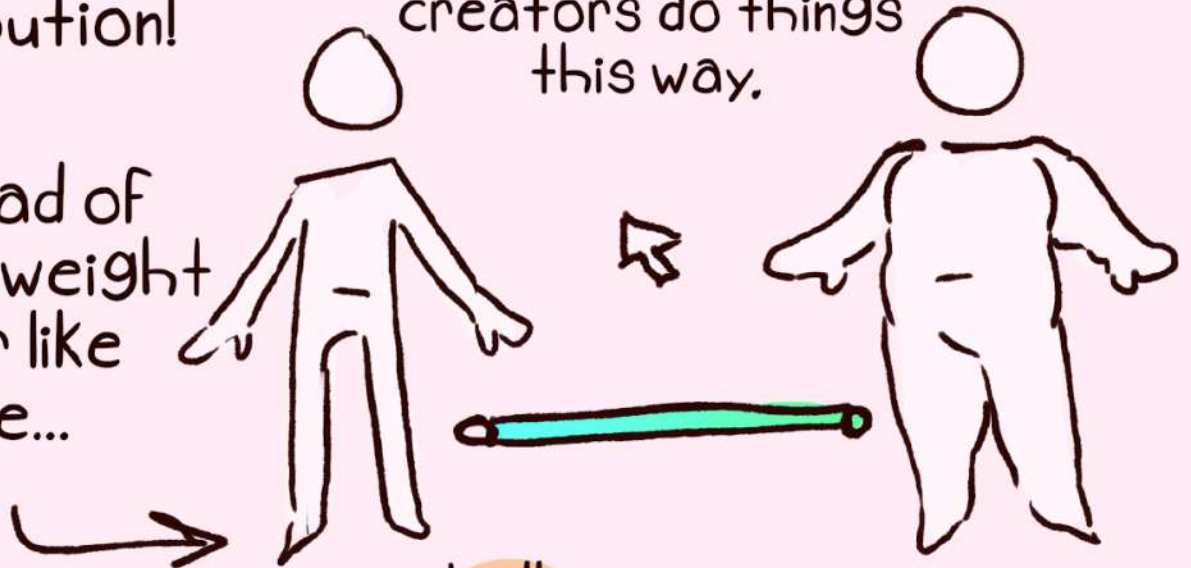
JIND

NOW YOU'RE GETTING IT!

let's talk weight distribution!

most older character creators do things this way.

but instead of thinking of weight on a slider like this one...



this lends itself to a much wider variety of body types.

SO, WHAT NOW?

lets peek at how that weight distribution can look!
(as a reminder, none of these are inherently
"better" than the others.)

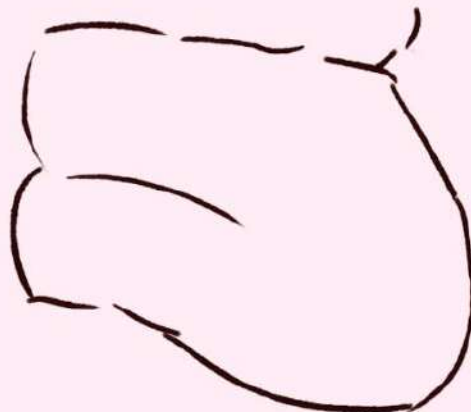


tummies like this
are usually seen in
bloating or pregnancy.
note how stiff and
round it is. most of
this is not fat.*

* that doesn't mean it never can be, though!



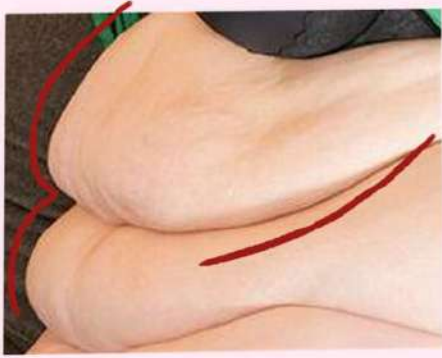
just your average,
everyday tummy!
this is totally normal.
i'd say most people
have a little bit of
this belly fat.



this is about where
i fall. notice how things
start to come in twos.
a lot of these bellies
have really beautiful
stretch marks!

JIND

CONT. >



this is where a lot of people stop drawing tummies. this is a "b belly," also known as a double belly.

contrary to popular belief, this is purely genetic. a lot of people wrongly think bellies like this are the result of tight clothing, which is just not true.

but wait, there's more!



this lovely tummy has had it's appendix removed!



this belly has a c section scar and cool stretch marks.



there are other places that weight can be distributed, though. and speaking of stretch marks...

STRETCH MARKS! ♡

JIND 



i love stretch marks, and not enough people draw them.

they can show up almost anywhere, and it's a huge myth they're only found on pregnant people or people who have been pregnant.

● multiply
● screen

i commonly use the same skin color i'm working with, but put a filter over it.



also, they aren't exclusively light or dark! i have both types.

they come in all different patterns and lengths, but avoid symmetry.

common cellulite and stretch mark spots:
i mean, look at all these!

i couldn't even fit legs on here. sometimes i get them on the back of my legs or knees.



"WAIT, STRETCH MARKS OR CELLULITE?"



the main difference is cellulite is genetic. however, the terms are basically interchangeable, at this point.

who knew body types and genetics had so much in common??
(geneticists, duh.)

Your skin is attached to your muscles with cords of connective tissue. Between your skin and your muscle lies a layer of fat. Cellulite develops when fat cells accumulate underneath the skin and push against the skin while the connective cords pull down. This causes a bulging that creates the characteristic dimpling of cellulite. As the name implies, stretch marks develop as a result of rapid stretching of the skin.

What Is the Difference Between Cellulite and Stretch Marks? - Livestrong.com

(i learned the difference from these studies, too!)
the point is, both are completely natural.

other common places where fat can rest:

breasts



notice this area here!
sometimes there's a slight fold between the breasts and stomach.

this is, again, often mistaken as the result of tight bras or binders, but is also completely genetic.

(fat can also affect the shape of hands and fingers.)

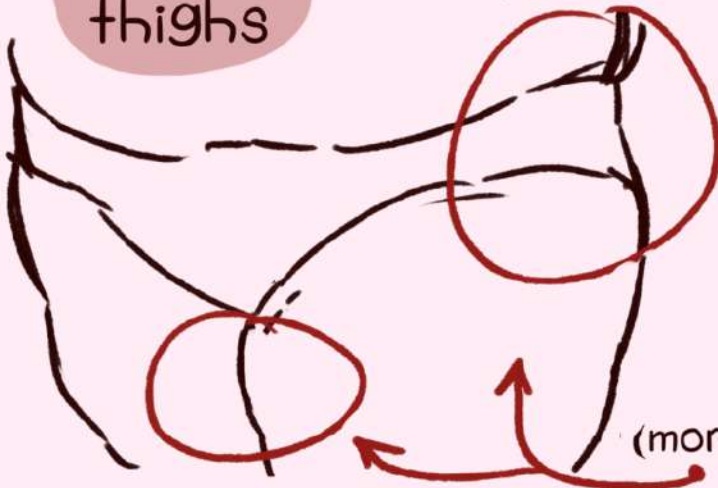
(also a hot spot for stretch marks!)

arms

"bingo wings" are not exclusive to elderly characters.

personally, my arms are very soft, since i have a decent amount of muscle as well as fat concentrated here.

butt and thighs



there are sometimes folds here, *again*, purely genetic.

make sure the lower leg tapers proportionately to the upper leg!

(more stretch mark spots)





LAST BUT NOT LEAST:



don't forget spots like the neck that can be easily forgotten!
double chins are very common, and folds on the back of the neck are, too.



and remember the chubby face!

some general shapes to remember:

apple



pear



hourglass



triangle



inverted triangle



but there are so many others!

experiment, have fun,
and remember that:

Fat is not a dirty word
being fat is not inherently unhealthy

gaining or losing weight does not
devalue you as a person

weight can change rapidly and over time
weight should not be a
joke or subject to mockery

you can be beautiful at any size!



rectangle



spoon



round



JIND