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At any age,

# Style Rules

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**Dorrie Jacobson**, author and face of the Senior Style Bible blog, turned 81 this year. She shares her advice for looking and feeling fantastic into your golden years.

*As told to Alyssa Shapiro*



**F**orget the term *age appropriate*. Women seem to feel they get to a certain age and have to eliminate some types of fashion from their wardrobe, and that really isn't true. Fashion is about your particular style, your particular body type, what flatters you, and what makes you feel pretty. So I get dressed every morning in something I feel good in, and that's what I project.

Dressing in a solid color rather than breaking it up with two colors is flattering for me. If you can wear high heels, definitely do it! It elongates the legs, even with a kitten heel. Accentuate your assets and camouflage whatever needs camouflaging. It's really a question of learning what flatters you, then sticking to it.

You should have a basic wardrobe. My basic wardrobe is black: black dress, black pants in either a wide leg or a skinny leg, tank top, jackets, and so forth. I can make 10–12 different outfits with this simply by accessorizing with jewelry, scarfs, a hat, or

a bright splash of color.

The first thing I do in the morning is put on a full face of makeup and clothes that I love. That's the start of the day. Whether you have plans or not, always look your best because that's going to make you feel good about yourself. When you walk into a room full of strangers, they don't know how bright you are, how funny you are, how interesting you are. They only know what you are wearing and how you carry yourself, and that is your first impression.

Naturally it's important to take care of your body and health. That's part of aging well. You need to have an exercise program. You've just got to force yourself to do it. I hate it, but I do water aerobics and Pilates.

***“Love yourself: That is all part of the package. I think it's very important that people stay active and stay involved, particularly if they're retired, particularly if they're older.”***

I try to exercise at least three times a week. I find that eating well is certainly part of it, but I usually try to eat everything I like in moderation. I want to stay happy as well as healthy.

Love yourself: That is all part of the package. I think it's very important that people stay active and stay involved, particularly

if they're retired, particularly if they're older. So many people think that when you retire, that's the end of your life. It should be the beginning of a new chapter—interesting new things, staying active, taking classes, making new friends, traveling... All these things enhance your life. ♦

Find Jacobson's tips for fashion, beauty, and more at [seniorstylebible.com](http://seniorstylebible.com)