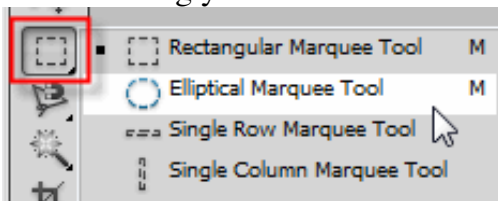


## Slim Down - Removing Unwanted Weight

Open the photo you want to use. I am using the photo below I found on a weight loss web page.



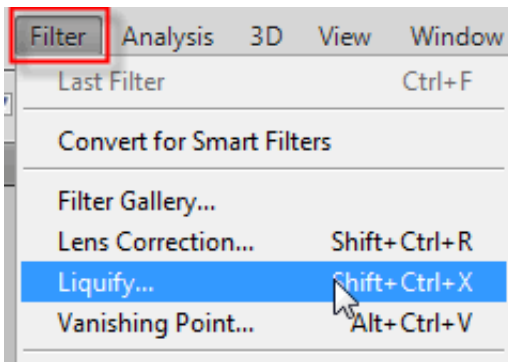
The first thing you will need to do is select the area you want to slim down with the Elliptical Marquee Tool



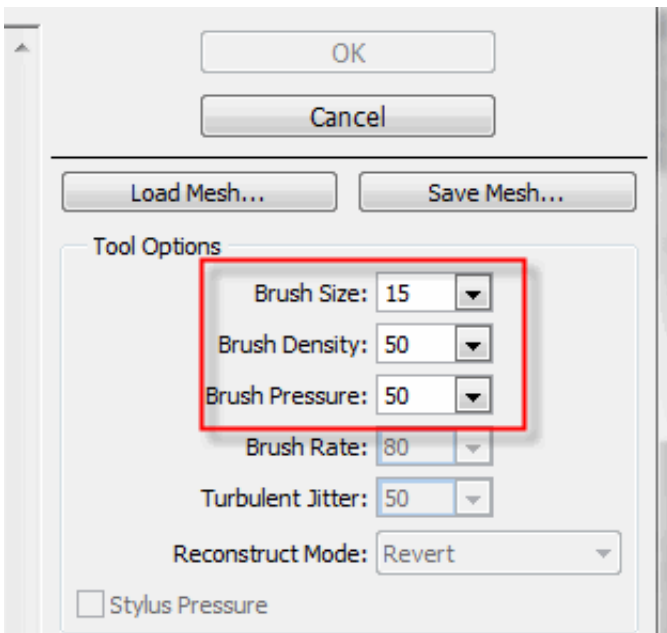
. You will work on small parts of the picture so I will start with the stomach area as shown below:



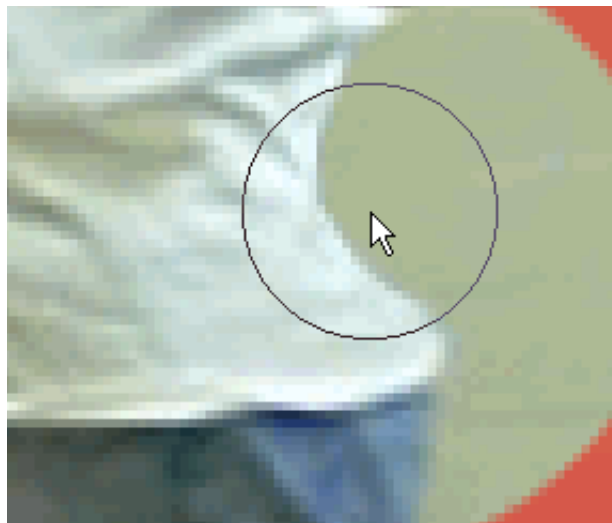
Now we want to add a the liquid filter. Select Filter >Liquify to open the Liquify filter dialog box.



At the Liquify dialog box I set my brush settings to:



Now all we have to do is brush in the area we want to make smaller.

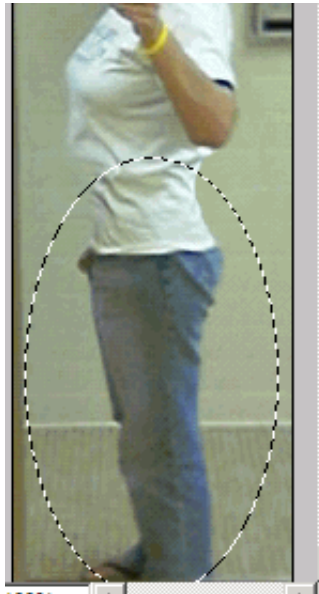


Continue trimming down the waste then click OK to close the liquify dialog box. Here is what I have so far. It does look a little odd at this point.



To deselect while holding down the Ctrl key press the D key on your keyboard.

Select another area by clicking and dragging out over the area. I chose the pant legs next. Again select Filter > Liquify.



With the same brush settings slim down the pant area. Now it really is looking out of proportion but we aren't finished yet!!!



Now select the chest area with the selection tool:



Select Filter > Distort > Liquify. Again using the same brush setting trim down the chest area by brushing in. Here is the before and after photos I completed:

