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Canadians Need to Dress Better on First Dates, Says Survey

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By [LESLIE SINCLAIR](#)

What's the perfect first date outfit? If you think it's jeans and a t-shirt, you're probably not dating. According to one dating expert, Canadians need to up their fashion ante.

"I think it's important to show your best self on your first date," says psychotherapist, Kimberly Moffit.

And yet a recent study conducted by Match.com found that most single Canadians think "jeans and a t-shirt" is the number one most attractive first date outfit. The majority of respondents who say that they have a casual style haven't been on a first date in the last twelve months - and incredibly, only 57% of them even flirt!

In other words, don't be so sure of your casual style. "If only 57% of people who are wearing jeans and a t-shirt flirt," says Moffit, "then my opinion is that the way that you dress has a lot to do with how you feel."

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When the survey delved into other types of outfits, it revealed that men preferred their date to have a sexy, slightly revealing style whereas women preferred men to look more polished and sophisticated. But that doesn't mean you need to stray far from your casual threads, according to Moffit, just dress it up a notch.

"For example, you might wear jeans with a cute pair of heels and that might be casual but yet a little bit sexy," Moffit advises. "The best thing you can do for yourself going into a first date is give yourself the tools and a nice, attractive outfit is just a part of that."

Spending a little time and effort on your appearance is not just about impressing your date. Getting ready, Moffit emphasizes, is also a psychological way to prepare for a date. It's about setting yourself up for success.

"The main message that I have for people is that it's not really about following the trends or fitting into a role. A first date is an opportunity to show who you are and style definitely reflects that. But you don't have to portray a hipster or somebody sexy on your first date, just focus on conveying who you are in that date and that's the most important thing."

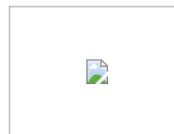
Remember, style is more than how you clothe your body. Another piece of advice Moffit offers up is to be prepared for on-the-spot grooming. She suggests keeping some dental floss on hand, just in case, and don't be afraid to double check that your teeth aren't smudged with lipstick. Knowing that you're tidy keeps you confident.

"Confidence," says Moffit, "even more so than style or fashion, is your number one accessory on a date."

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