Don’t distort images by changing the aspect.

The aspect is the ratio between the width and the height.

Original image

Found using images the Google images search ‘Tools’ and selecting ‘Labelled for reuse’ before searching for ‘warrior’.
Crop
Cropping saves space without changing the shape of the internal image.

Resize using Shift + corner handles.
Never **squash** the image.

Avoid distorting images just to fit next to text. You are misrepresenting the image and this goes for screenshots and photos of lab work too. There will be room for text underneath.