



Figure 1: a very very very very very very very
very very very very very very very very
very very very very very very very very
very very very very very very very very
very very very very very very very very
very very very very very very very very
very very very very very very very very
very very very very very very very very
very very long caption

```
\usepackage{graphicx}

\makeatletter
\newcommand*\limitbox[3]{%
  \begingroup
    \setlength{\@tempdima}{#1}%
    \setlength{\@tempdimb}{#2}%
    \resizebox{%
      \ifdim\width>\@tempdima\@tempdima\else\width\fi
    }{!}{%
      \resizebox{!}{%
        \ifdim\height>\@tempdimb\@tempdimb\else\height\fi
      }{#3}%
    }%
  \endgroup
}
\makeatother
```