



PHOTO SHOOT

TIPS & TRICKS

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“The truth is - without modeling poses and professional modeling tips, perfect photographs are harder than you think! ”

Introduction

Booking in a photo shoot is a great way to set a mini goal and kick start you on your body transformation journey. In my eyes if you don't lock something in then you will run the risk of falling off the wagon just a little bit too much and maybe losing track completely.

Now to do this you do not have to be a super famous fitness model, this is something that you should do for you. You can not compare yourself to those that do this for a living and the photo's don't even have to be seen by anyone but you and your loved ones.

First thing is to find a good photographer that you know is right for you, ask around and find out who other woman have used. It is always good to get someone who has done great work and has been recommended to you.

The second and most important thing is then to find a trainer who can set you up on a 12 week program. I always say 12 weeks is a good amount of time to prep for a shoot but if you feel you need less time then book it in earlier. Having structure in place and something to follow will make sure that you never fall short, also having a trainer is a great way to keep you accountable as you are investing your time and money into it.

Once you have got your eating and training underway then it is time to start doing your research and looking into what kind of themes and looks you want to do in your shoot. The more prepared you are the better.

The day before your shoot is the best time to get your spray tan and your nails done so be sure to find a good spray tanner who knows what you want. You don't want to go too dark, just a nice natural glow. Also be sure to find out if hair and make up is included in your package otherwise you will need to source that for the day of your shoot.

The biggest thing you need to remember is to have fun, relax and enjoy every minute! You have worked hard for this and you deserve to enjoy it!

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My Posing Tips

It's a very common misconception that naturally beautiful models take naturally beautiful photographs. However, the truth is - without modeling poses and modeling tips, perfect photographs are harder than you think.

Live show models, promo models, photographic models and runway models all rely on professional model poses to succeed. If you aspire to appear in print magazines, fitness magazines or just want to look your best for a photo shoot - then check out my guide to modeling poses.

Breathe

Although sometimes concentration enhances a good photograph, obvious concentration can distract and often ruin a good photograph as well. Do not hold your breath for a modeling pose; always remember to breathe and appear at ease.

Posture

Bad posture is an unrecognized flaw in many people. However, for models, posture is a harmful flaw. Always remember to keep your back straight and your shoulders up. Slouching affects the mood of the photograph and enlarges the appearances of your stomach. In addition to your back and shoulders, always remember to flex your stomach muscles. Despite your weight or state of shape, your abdomen will appear more toned if you flex.

Limbs

Symmetry is officially out in the modeling world. When posing, make sure to differentiate your arms and legs with asymmetrical poses. If you have one arm long and straight by your side, make sure the other arm is bent. Whether a big or small angle, the bend will make the modeling pose look more real, less artificial. Continue the asymmetry to your legs. If one leg is locked straight, give the other leg a casual bend.

Camera

Although the camera is the ultimate focal point of a modeling photo shoot, great models do not look directly into the camera. To enhance the quality of your photo shoot, look away from the camera with a mix of head and eye poses. Looking off to the right or left side, or tilting your neck to either side can help you avoid direct eye contact with the camera. In many cases, your head and neck can remain stationary in your modeling pose and your eyes can do all the work. Head and eye positions, coupled with personable facial expressions make for great model poses.

Sitting Poses

If you are sitting down during your photo shoot, don't think it's ok to slack off. In fact, sitting photo shoots require a lot of extra work. If you are sitting down or reclining, it's important to put your weight on the back of one thigh, rather than distributing your weight equally on both thighs. If you roll one hip up from the ground or surface, shifting your weight will be simple. This pose results in a slimming effect that you don't want to miss out on.



POSING



Keep these model posing tips in mind during your next photo shoot to ensure you blow the photographer away and come away with some amazing photo's. Whether you're a trained expert or an ambitious beginner, all models have the ability to excel in photo shoots. Focus on your posture, attitude, and facial expressions to succeed beyond your wildest expectations!

Smile

If you have a naturally beautiful smile, show your pearly whites with pride, just not every time. If you smile in each modeling pose, modeling agents will notice your lack of versatility, instead of your smile. To add variety to your modeling poses, try switching up your smile with a cute frown, a bratty pout, a friendly laugh, or even an edgy scowl. Your facial expression can make or break a modeling pose. Let your smile show, but make sure to show what else you can do.

Lifestyle

The lifestyle pose evokes a sense of everyday living with common body movements and facial expressions. Throughout the day, moments of happiness, love, anger, and hope arise. To succeed at the lifestyle pose, each model must be able to recreate these everyday emotions.

Movement

The movement pose captures a specific action, such as running or jumping. Because this pose is most often used for a marketing photo shoot—the model is used to promote a product. Each model must be able to smile and laugh when using the products in the photo shoot.

Flow

When you model you need to keep moving. Just go with the flow and listen to the photographer. If the photographer is clicking away saying YES then keep going, don't stop. The more you keep moving and changing facial expressions and positions, the more amazing your photos will be. Move your hips from side to side, move your arms up behind your head, lean forward, look at the roof, look down. There are so many things you can do, it is like doing a mini dance!

Body

Full-length photographs require body poses. Models are encouraged to shift weight between hips and make arms and lengths into asymmetrical stances. Although many body poses do not require specific facial expressions, putting your entire body into character during full-length poses helps your body find a natural balance.

Practice, Practice, Practice!

Get in front of a mirror and practise your posing, your facial expressions and your smile. Check out the sides of your face as you may find that one differs from the other and you might end up having a favourite side for angle shots. We all have areas we love so practise the poses that emphasise your best assets. Start doing some selfies of your face and also in the mirror so you can see how you look on camera- of course don't start posting these on social media as you want to keep this part to yourself and then blow them away with your actual pics. The more comfortable you are in front of the camera the better and the more you know your body and angles the more amazing your photos will come out. It makes life so much easier when you get to your shoot organised rather than spending hours trying to get one good shot. Walk in there confident and know your stuff.



Model Don'ts (and a DO!)

Do not...

be a “no-neck monster.” Try to elongate your neck for maximum extension.

Do not...

pose like a hoochie. (If you don't know what a hoochie is, er...that's probably best.)

Do not...

be a limp noodle. Always pose with tension in your body completely from H2T. (Head to toe).

Do not...

play it safe and stay in the same pose. Mix it up with innovative poses. Your wildest pose could be the one that's picked.

Do not...

show up to a photo shoot unless you're clean shaven, have a clean face and clean hair.

Do not...

let hating how your hair or makeup is done affect your performance. Model through it.

Do not...

stare aimlessly when posing. Create intensity for the camera through your eyes. Smize! (Smile with your eyes)!

Do not...

slouch on the runway; pretend you have a wire through your spine that is pulling you up to the ceiling.

Do not...

be forgettable. Make an impression by showing your distinctive personality.



DO...

“Request to have your favourite music playing while you’re doing a shoot! The beat will kick your poses up 10 notches!”



HOW TO: Work Your Flaws

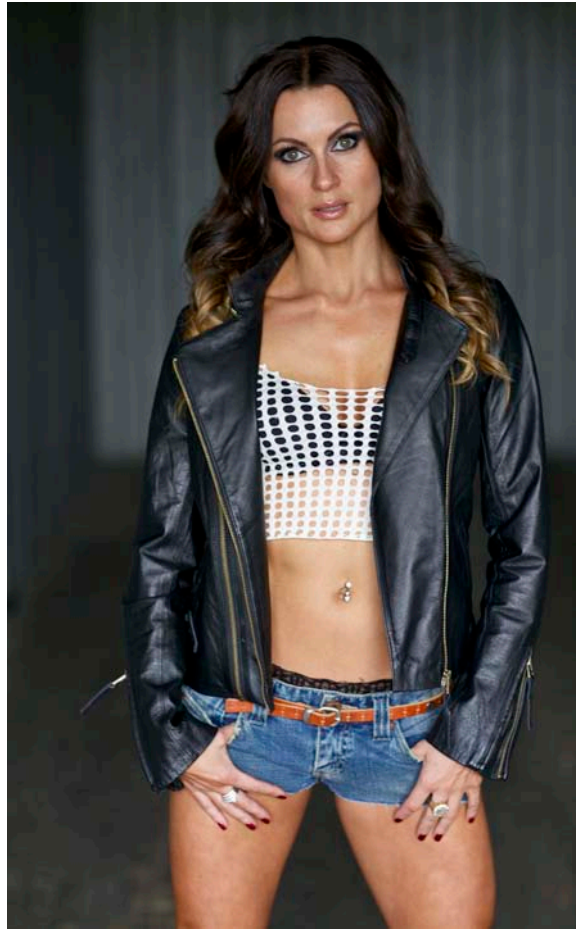
Everyone has flaws. I've got 'em, you've got 'em, and your momma's got 'em too! Even though I totally believe in embracing my flaws, I don't always want to highlight them when I'm being photographed. Every model knows the secrets to working her flaws. These are my tips on how to make your flaws work for you when you're in front of that camera!

- Hands on Hips = Smaller Waist. Putting your hands on your hips creates a background through your arms, which will make your waist appear smaller. (This is something you can apply to real life too! Try it the next time you walk into a room!)
- Chin Up = Smaller Forehead. Not only will it make a large forehead look smaller, it will also elongate the neck.
- Tippy Toes = Bigger Calves. Standing on your tippy toes instead of flat feet will make your calf muscles appear bigger because they are working harder to keep you up!
- Knees In = Slimmer Hips. Turning a knee in will make your hips appear slimmer. This will also give you a space between your thighs, which is something that most women don't have.
- Lean Forward = Smaller Bust. Hunch your back and bring your naval into your spine. This creates a slight lean forward, which will make your bust look smaller.
- Emphasize Shoulder = Narrow Hips. Turn your body to the side and turn your shoulders toward the camera. The emphasis on your shoulders will narrow your hips.



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