

# MILES MODELS, LLC

## 5 Fun Hobbies That Will Help Your Modeling Career

What better way to improve and develop your modeling skills than while you're having fun? Modeling is an incredibly multi-faceted career, and that means a whole assortment of skills are necessary to be great at it. Not only do you need to be healthy for the physical demands of shoots and being on your feet for hours at a time, but it also takes confidence, preparedness, professionalism, and more. Here are some fun - (keyword: FUN!) – hobbies that will also help you be a better model, improve your confidence, and expand your worldly knowledge.

### 01 Photography

Wouldn't it be useful to know what photographers are talking about when you're at a photo shoot? Luckily, getting into photography is a lot more fun than simply reading a list of photography terminology! An understanding of photography basics will make jobs a lot more fun because you'll feel more involved in the whole process. An understanding and interest in photography will also help you perform much better when you're in front of the camera rather than behind it because you'll work with the photographer rather than against them once you know exactly what they're asking for.

### 02 Reading Fashion Magazines & Blogs

In this digital age, there are records of everything online. Take advantage of that and scour old fashion magazines. Not only will you learn a lot about the history of fashion and fashion modeling, but you'll also get endless inspiration for new poses and looks! While it's important to understand the history of fashion, it's equally critical to get a look at where the future of fashion is going, and getting a subscription to Vogue (or something similar) will help you do so! Staying up to date with models, designers, and photographers of the moment is easy if you make it a habit of reading fashion magazines and blogs.

### 03 Swimming

While dancing is a common hobby for many models, it isn't everyone's cup of tea. Swimming is a low-impact, high result activity that not only maintains your physical fitness but helps models explore graceful movements that are useful for their work while also improving their flexibility. Experimenting with posing underwater will allow you to play with and discover new poses while also helping you stay in shape.

### 04 Acting and Comedy Classes

Public speaking is regarded as the biggest, most universal fear (even more so than death!), but it's a nearly inescapable part of life that, when mastered, can be one of the most powerful tools to have in your pocket for anything you do. Taking acting and comedy classes is the perfect way to become comfortable in front of crowds and vastly improve your self-confidence – two skills that are essential for models. Once you've had to perform improv comedy or a monologue in front of strangers, walking down a runway or doing a photoshoot in front of a crowd of people will be no big deal!

### 05 Yoga

Like swimming, yoga is great for your physical fitness, and many supermodels credit it as their favorite activity. Some, like Christy Turlington, have even written books about it! Not only that, yoga is an incredible tool for self-exploration, relaxation, and finding internal peace and calm. Modeling can be a stressful job, especially for new models who are constantly being told "no," or "maybe next time." If, through all that, you can remain calm and at peace, your journey will be that much more enjoyable. A bonus of yoga is the increased flexibility and improved posture it brings. Both

flexibility and good posture will make a model look much more “modelesque” on camera and off. These are two side-effects of yoga that may seem to show up out of nowhere one day, and before you know it, they’ve helped transform your modeling skills too!