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Down-To-Earth Training For Your Ideal Body

## **TOP TEN TIPS FOR A TERRIFIC PHOTO SHOOT EXPERIENCE**

While this article is designed for our female audience, many of the recommendations are good for men as well. And this article is designed for any adult woman who aspires to have, or is planning to have, an upcoming photo shoot..... even if you have never stepped foot in a gym or lifted a weight in the last decade! So guys, if there is a woman in your life who wishes to have a great photo shoot, feel free to give this article to her so that she can have a wonderful experience.

Here are ten tips which can help you achieve the best experience possible for when you are in front of the camera:

- Know the true reasons WHY you want to do the upcoming photo shoot. It could range from potential financial gain to having a reminder of a great pre-contest diet phase, or from wanting to give a gift to your significant other to wanting to feel a certain emotion you never have felt previously. Once you understand the “true” WHY behind your motivation you have made tremendous progress toward the fundamentals of a terrific photo shoot experience.
- Make sure that you CONNECT with the photographer before the photo shoot. Take the time to call and have a conversation, or even meet beforehand if possible. Just because a photographer has a tremendous portfolio is no guarantee that you will feel comfortable enough to have the emotions you want to feel during the photo shoot. Find out if you click with the photographer, and then ask to get to know something about any staff he or she has: lighting people, makeup artists, etc.
- Find out where the photographer’s work is being published CURRENTLY. If he or she promises national exposure and the last time something was published in a national magazine was five years ago, you may reconsider working with the photographer. If the photographer is relatively new, ask with whom he or she has studied or worked previously; then check out that photographer’s history. You may call the Better Business Bureau to find out there exist any complaints against the photographer; then you should also ask for references of previous people who had their photos taken with the photographer. They will tell you certain things about the photographer which will help you make an informed decision.
- If you plan on doing a photo shoot with several outfits, be sure to change quickly. Practice at home if you must because the photographer & any staff don’t want to sit around waiting for you to take forever to change your outfits. In addition, if you are paying the photographer on an hourly basis for your photo shoot (for example, if the photos are to be a gift to someone) you will want to change as quickly as possible.

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- Know ahead of time whether the photo shoot will take place inside, outside, or both. Weather patterns can change quickly, so there may only be a very small window to get that “perfect shot” you dream of having. If you have an indoor photo shoot, use more basic colors; if you have an outdoor photo shoot planned you can use more colorful outfits.
- Ask the photographer about his or her editing capabilities. Amazing things can be done with software to enhance a particular photo. If possible, ask the photographer for an example of how much you (or an example of someone he or she has photographed who looks similar to you) can be enhanced due to the software or other photography techniques. The differences can be incredible in certain situations.
- Make sure that you select clothes that fit you well. Remember, clothes that may be appealing – but don’t fit you well -- can actually detract from your experience and result in less-than-ideal photos. This applies especially for “fantasy shots” or “wilder” photo shoots as the outfits you like (or are provided for you) may not flatter your physique very well. Also, stay away from heavy tanning unless you are preparing for a photo shoot right before or after a bodybuilding or fitness/figure contest. Ask the photographer for his or her opinion on the best levels of tanning for your skin tone and the photo shoot’s location.
- Keep accessories to a reasonable level, and if going for a more “professional” photo shoot keep the accessories to a minimum. You can add slightly more accessories if you are going for a “wilder” or “fantasy” photo shoot. Ask your photographer for recommendations on what amounts have worked well based on his or her experience. The same goes with makeup – ask your photographer for recommendations.
- Ideally, you will be relaxed and natural when called upon to convey a certain emotion by the photographer. Yes, you can practice at home; you may wish, however, to be able to call that emotion on cue depending on how the photo shoot is going that particular day. If you wish to learn more about how to elicit emotions on command, consider visiting the link at the end of the article.
- Finally, you should know that the photographer may seem to be “stern” or “insincere” during your photo shoot, especially if the upcoming photo shoot is your first one. It could be that your photo shoot is the last one before a long weekend, he or she may have had a previous client be uncooperative or took too long to change outfits, or any number of reasons. If you did your homework in the beginning, you are professional and respectful of the photographer’s time, and you are natural & relaxed during the photo shoot you should have a terrific experience. By all means have fun during the photo shoot, enjoy the experience, and hopefully you will have some wonderful photos to help fulfill what you wanted from the beginning!

If you want to learn how to improve your physique, how to get lean before a photo shoot, or simply be able to call up any emotion you want on command (especially during your time in front of the camera) then consider visiting: <http://www.MetroflexGymTraining.com>.

You will learn several techniques for building your mind & body, and you will learn how to achieve the physique you want regardless of your exercise experience, age, or gender. Sign up for the free newsletter and seven-part “mini course” on reducing body fat levels; and you will receive occasional free bonuses & reports from time to time!

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