

# looking your best

## PHOTOGRAPHY TIPS



### SIT UP STRAIGHT

*Your posture matters so don't slouch. Elongate your neck, keep your shoulders back and tilt your chin just a bit. Leaning slightly toward the camera and angling your face and/or body will slenderize your look. Also, make sure the lens is above you. So, if the photographer is shorter than you, ask them to stand on something and shoot you from above.*



### THE EYES HAVE IT

*Keeping your eyes open and engaged while the photographer is getting ready to take your picture is hard. So it helps to close your eyes and then open them. Or, try looking away, then looking back at the camera. If you are outdoors, stand in the shade, and face the light. If you are indoors, face a window at an angle.*



### WHAT NOT TO WEAR

*Stay away from crazy patterns and striped or checkered shirts. Wear a color that flatters you and doesn't distract from the photo. Also, make sure your clothes aren't wrinkled or bunched up – if your clothes are baggy you could appear heavier in photos.*



### SMILE

*Laugh and smile but be sure to keep your tongue behind your teeth. Instead of the traditional "say-cheese" fake smile – which can create a forced look and squinty eyes – try candid shots for more engaging and interesting result.*