

Bluemoon Photography. Digital Book



Fitness Model:
@laurenperry3

**GETTING
READY
FOR YOUR
FITNESS
SESSION**

Thank you for booking your fitness/athlete photography session with Bluemoon Photography by Maria Arias. I am honored that you have chosen me to document your fitness adventure through this important shoot.

I want your experience to be fun, comfortable, but also professional, so, I have put together this guide to help you prepare. It covers everything from shoot style, gear and investment.

My goal is to provide you with the best and most meaningful photos that will help promote your fitness endeavors.

If you have any additional questions, please reach out to me. I am always available to help you and guide you along the way.

I look forward to working together!

ENJOY THE EXPERIENCE!



HOW TO PREPARE

Fitness shoots are meant to accentuate your fit body. My job as your fitness photographer is to represent 'YOU' well enough that it will inspire you to continue your journey and inspire others to get fit as well.

Not sure what to wear during your session? Here are a few tips to help you look your best!



Athlete Model: @pwill_K



Be Timeless

Your fitness outfits can easily date your portrait. For that reason, I often suggest simple fitness clothing with no name brands or logos exposed. Remember we are promoting YOU, your body and your muscle features, not the gear you're wearing. (Unless you are doing a shoot to promote a certain brand.)

Coordinate

Plan your outfits ahead of time and make sure that the colors compliment your skin. Avoid bright colors and crazy designs. Darker solid colors are best because it helps keep the focus on your body and muscle features (less is better.)

Quick workout

To help transform your body for the shoot, it is best to do some light work outs right before the shoot. You can do this while I'm setting up lighting and camera gear. (Just don't over do it.)

Fitness Brands

The more professional images you upload on your social media platforms, the higher the chances are for fitness brands to reach out to you and offer you sponsored post.

So, keep grinding and don't give up! You got this!

What to expect from your photographer?

My job as your fitness/athlete photographer is to ensure that you are as comfortable as possible and completely satisfied during this project. It is important that you and I connect well in order for this shoot to go well.

All I ask is that you trust me as I guide you on poses during the shoot. There will be times when I may suggest a pose that you are not comfortable with, but it is important that you follow through, so that the images will look more promising and appealing. Sometimes in order to get the best shot, you may have to get out of your comfort zone.

The same applies to me, you may see me lying flat on the ground or standing up on a ladder with the camera aiming at you in order to get the right angle for that particular shot. Angles are very important as they are used to enhance the style and look of each image.

SHOT LIST



Athlete Model: @awesomelydone

Be Timeless

It is important that you plan a shot list detailing every pose you want for the shoot. Ask yourself, “why do you want this shoot?” Is it to promote your fitness program, yourself as a fitness trainer or athlete? Or is it to promote a certain clothing line or brand?

Creating your shot list will help me, as your photographer, execute a promising and successful session.

Once you have your shot list done, go ahead and share it with your coach or friends for more suggestions, and ultimately with me. Together, you and I will discuss posing, angles, props and background expectations.

On the day of your shoot, we will use the combined shot list to plan each shot. This way, none is forgotten.

COME PREPARED, WELL
RESTED AND FULL OF
ENERGY!



Fitness Model: @ajiea_lee

WHAT TO EAT/DRINK THE WEEK PRIOR TO SHOOT

You want to look your best on shoot day!

On the first few days of the week, prior to shoot day, load up on carbs; and, on the last few days, prior to shoot day, you want to lighten up on carbs. By doing this, it will enhance your muscle physique.

Same with water, you want to increase your water intake in the first few days of the week prior to shoot day, then reducing it on the days before the shoot. On shoot day, you want to minimize water intake as much as possible, may be just a few sips, if thirsty.

It's important that you don't make extreme eating habit changes to your body as it may result in failure. Slowly add to your intake in the beginning and gradually subtract from it towards the end of week.

VERY IMPORTANT! Please consult with your personal trainer on these guidelines to ensure proper eating preparation and safety measures.

On the day of the shoot make sure you eat low-fibre carbs at least TWO HOURS prior to the shoot time. This will make you look fool and muscular without looking bloated. (pizza or sandwich can do the trick.) A candy bar at least 10 minutes before shoot can be helpful as well. This will keep you energized and keep your muscles fool. (Try some rice cakes with peanut butter, to help prevent bloating, gives you energy and promotes your look overall.

Ensure that your body looks great.

Body Hair

Going hairless may be your best option. Make sure you shave off any hairs under arms, chest, and legs prior to the photoshoot. You don't want body hair to hide any muscle definition or distract the viewer from exploring your fit body.

Face/Nails

Your face should be neat and natural looking. Ladies should wear make-up, however, it should be a natural look. Fellas should have a neat hair line and avoid any neck hair if possible. Your beard should be trimmed nicely.

Nails should be clean and natural looking (not distracting.)

Hair

Ladies, style your hair depending on the mood of your shoot preference, and keep it looking clean. If it's a more glamorous shoot that you're looking for, then it's ok to leave your hair out; however, you don't want long hair to hide your muscles. Fellas, the shorter the hair, the better. If it's really long, then it may help to pin it in the back. Remember, the focus should be your fit body, not your hair.

Extras

Always bring baby oil and a couple extra fitness outfits, just in case. Also, a brush, hair spray, lipstick and translucent powder are always great for last minute touch-ups.

Finally, get everything ready the day before. This will ensure that portrait day goes smoothly.

How long will the session last?

Fitness sessions typically last about an hour to an hour and a half. If you have more than one outfit, it can last longer up to three hours. We will discuss what your priorities are, before the session, to ensure we work quickly and efficiently so that you are satisfied.

I always suggest that you bring a friend or coach to show support and help you prepare for the shoot. Due to Covid-19 restrictions, I am not able to assist, which may require touching you, fixing your hair, applying oil to your body, etc. during the session. Having a friend or partner tag along with you will make the session progress much easier.

Your facial Expressions during your shoot.

Your facial expressions should compliment the shot you are trying to convey. Avoid smiling if you're doing a pose where you are lifting. You want to show the right emotion for each shoot. Also, Keep your mouth open (just slightly) during a shot, it gives your images a more natural feel and gives the impression that you've been working out.





Fitness Model: @laurenperry3

What happens after the session?

About a few days after your session, due to the Covid-19 restrictions, we can meet via video chat to discuss any orders you may want to place. All images will be uploaded to your own confidential page on my website and will be given a password, which you can share with loved ones. All images will be available for purchase. We offer all common print sizes, postcards, wall arts, professional albums, and other items. You also have the option to download the images you prefer.

When will my portraits be ready?

Most orders are ready within two weeks of your order being placed. However, this will depend on the products you order and delivery options.

LET'S DO THIS!



Fitness Model: @bigbodycliff

BLUEMOON PHOTOGRAPHY

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