

healthy PHOTOGRAPHER

Complimentary Edition!

In this issue...

- Top 10 Better Photo Tips
- Shocking Survey Results!
- Summer Shots Save Lives!
- Photoshop CS5 Shortcut
- Fireworks Photo Tricks
- Early Bird Reaps Benefits
- 3,227 Can't All Be Wrong!

TOP 10 TIPS

For Better Digital Photos

- **Hold Still...**
Blurry shots are useless
- **Get Closer...Even Closer!**
Fill the frame with your subject
- **Use Proper Settings...**
Use the menus, read the book
- **Sunrise and Sunset...**
Best times for outdoor photos
- **Compose...**
See the whole picture, plan
- **Rule of Thirds...**
Place subject on Tic-Tac-Toe lines rather than center
- **Leading Lines...**
Draw eyes into the scene
- **Light Right...**
Add diffused flash as needed
- **Stock Up...**
Extra batteries and memory cards will save the day
- **Edit...**
Many a "so-so" photo can become great with a little editing afterward.

Robert Schwarztrauber is a professional photographer, author, speaker and teacher. A leading expert on the health & wellness benefits of photography.



Buffalo, New York

SURVEY SAYS...

A recent survey conducted by TotalFitnessPhotography.com offers some surprising benefits not normally associated with photography.

More Active

3 out of 4 people in the survey said photography made them more active each week.

Mind Stimulating

All of the surveys participants said taking photos stimulates their mind. Fully half said it makes them feel more focused, alive and creative.

Boosts Concentration

82% found the ability to sustain high levels of concentration while shooting. Not an easy task in today's hurry-up world of infinite distractions.

Boosts Self Esteem

93% of the people reported that photography made them feel good about themselves.

Lifts Spirits

8 out of 10 said it lifts their mental state daily

Contribution

More than half the people surveyed felt more connected to the local community and the world.

Ends Isolation

80% said taking photos had increased their contact with other people

Fun

Most study participants were involved just for fun, deriving no income from their photos.

© 2011 TotalFitnessPhotography.com

Nationwide survey of 100+ photography participants of all skill levels. Final results compiled from electronic and paper replies.



Here's a surprise, the quality of the photos taken did not affect the results.

Half the study participants said others showed little or no interest in their photos... yet they still reported feeling all of photography's positive benefits!

When asked to reveal in their own words the benefits they got from photography, here's a sample of what they said...

"connecting with nice people, relaxation, reduced stress, creativity, extra income, greater appreciation of the world, help people preserve memories, make people happy, get out of the house, meet new people, nostalgia, makes me feel better..."

"CHANGE YOUR LIFE...in a flash!"

Details on Page 2





FAVORITE BOOK AUTHORS

SCOTT KELBY

Photoshop tutorial books that are easy to follow mixed with Scott's own unique sense of humor. Great insider tips.

TOM ANG

Books packed full of actual color photo examples for you to see and understand. Written simply. You'd swear he could pick up even the cheapest camera and still get a great photo.

Limited Space Available

If you have a product or service you feel could be beneficial to photographers, limited space is made available here to bring my readers products and services of tremendous value.

This ain't no swap meet though! Not available to the highest bidder, but only to those products or services best suited to our 3000+ health conscious photographers.

Contact Bob S. directly for advertising terms and conditions via:

robert@totalfitnessphotography.com

Summer Shots to Stay Healthy

Here's some great news...just in time for summer!

I read a report today by Evangeline Lausier, MD, director of clinical services at Duke Integrative Medicine and assistant professor of medicine at Duke University School of Medicine, both in Durham, North Carolina. She is an internist specializing in women's health and complex multi-system illnesses, with an emphasis on preventive lifestyle. In the Bottom Line Report I read, she listed several ways to boost your energy in 8 minutes or less:

"Take 800 steps. A moderately brisk walk — at a pace of about 100 steps per minute is an excellent way to get blood flowing to your heart and brain. Exercise also triggers the release of endorphins, brain chemicals that make you feel alert and energetic. If possible, walk outdoors — the sun's rays activate the synthesis of mood-enhancing vitamin D."

What better way to get motivated and actually DO IT than to take your camera along as you walk to record some special sights along the way.

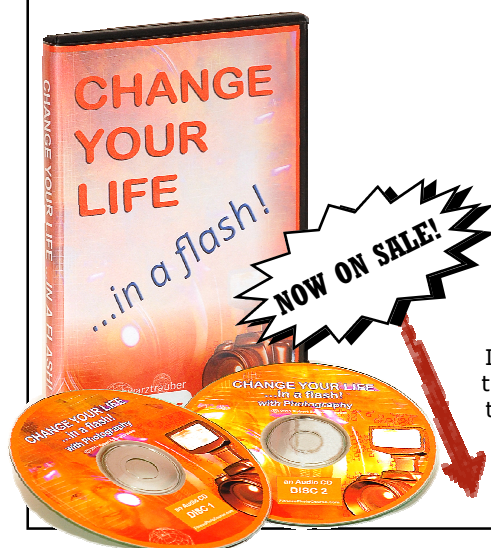
Here's what else Dr. Lausier recommended:

"Express yourself to lower stress. Play the piano, pen a poem, paint a picture or just doodle. The purpose: Creative self-expression is stimulating — it alleviates energy-draining stress by helping you reconnect with your deep inner well of emotional well-being."

While she didn't expressly mention digital photography, we know that taking photos is a great creative outlet. And it has one distinct advantage over those she did mention...we do it while in motion! We stand, we walk, we climb hills while getting fresh air and sunshine! We build strength and burn calories.

The summer months offer so many opportunities to get out, have fun and get healthier too! And with digital, we can get all the shots we like...free!

Grab your camera and get started today!



Just Released!

Turns your digital camera into "The Ultimate Total Mind-Body Fitness Machine!"

Over 90 Minutes of Audio To Educate, Motivate and Entertain!

Includes: Your personal action plan, choosing the best camera, taking better photos, editing tips, where to share, finding camera buddies, tips for better health and fitness and more!

FitnessPhotoCourse.com

Test Your Knowledge...

Who said, "Great photos aren't taken, they're made."

(Answer on page 3)

SHOP TALK

Tips and Tricks to Fix Your Pix



Content Aware Fill is the bright, shiny new toy that everyone is talking about in the latest CS5 version from Photoshop®. Like many things new, it takes some getting used to. I admit, I still find myself reverting back to the comfort of my old healing brush and patch tools occasionally. They are a bit slower, but I know they'll get the job done...eventually!

For those who don't know yet, the keyboard shortcut to call up the Content Aware Fill dialog box - after you have an active selection ("marching ants") is: SHIFT>F5 or SHIFT>Backspace on the PC and Shift>Delete on the MAC.



If I'm getting crazy results, I find it often helps to select several smaller areas independently and blend later. With a little practice, you'll find the Content Aware features really speeding up your workflow. It's a good fixer upper!

"Shop Talk" sponsored by PhotoshopTipCards.com

COMING NEXT...

DO THIS WHEN TAKING PHOTOS TO BURN UP TO 3X AS MANY CALORIES!
(PLUS YOUR PICTURES WILL LOOK BETTER TOO!)

GET A "YES" TO ANY PHOTO REQUEST YOU MAKE!
(THE SIMPLE TRICK THAT PRACTICALLY GUARANTEES RESULTS!)

MY TWO FAVORITE PHOTOSHOP SHORTCUTS REVEALED!

SAFETY FIRST!
(WHERE TO FIND NICE FOLKS FOR PHOTO OUTINGS)

...AND MORE!



Never Miss Another Issue!

Yearly Subscription Rate
Just \$24.95 for 12 Issues

You Save 40%

Sign up today at:

TotalFitnessPhotography.com

Stay Healthy, Wealthy and Wise!

— Ansel Adams —

Answer from Test on Page 2

FIREWORKS PHOTO TIPS



This year (2011) the Forth of July falls on a Monday. Be sure to check your local media sources to find out where and when events will take place in your home town.

Here are some tips and tricks to help you capture the best shots with your digital camera.

- Tip #1...Shoot vertical. Despite the photo shown here, fireworks display best in a vertical orientation,
- Tip #2...Use a tripod...it's a must to prevent blurry photos caused by the long exposure times needed at night.
- Tip #3...Bring a small flash light to set camera controls, and a dark baseball cap.

Set your camera to the longest exposure time or BULB. f11 or f16
Set focus to Manual mode, focused on infinity. Hang your hat over the lens. When you're ready, press the shutter release and gently remove your hat to show the scene. Repeat for the next exposure. The 'hat-trick' help you keep from shaking the camera as you press the shutter. You could use a wireless remote or the self timer mode.

healthy PHOTOGRAPHER

102 PARKHURST BLVD
BUFFALO, NEW YORK 14223
(716) 834-8731
TotalFitnessPhotography.com
robert@totalfitnessphotography.com

A "Good News" Newsletter Full of Fun and Interesting Facts for Photographers

July 2011

Make Yourself an Early Bird—And Reap The Benefits

People who rise early often benefit in ways that night owls don't. For instance, if you get up early, you'll be more likely to be a regular exerciser and eat a healthy breakfast. Follow this regimen daily to get up with the sun and feel better for it:

- Go to bed and get up at the same time every day.
- Prepare your daily plan the night before. You'll jump start the day and get more done because of it.
- Limit alcoholic intake. It puts you into a deep sleep for three or four hours, but when it wears off you can wake up and be unable to go back to sleep.
- Limit computer use in the evening. Studies indicate staring at the light of the screen can throw your internal clock off and make it harder to fall asleep.



Robert's Ramblings

Welcome new readers! The summer fun season is officially underway. The kids are out of school and all the wonderful parks maintained by our communities are open for exploration. Time to grab your cameras and take off on an exciting and healthy adventure. Search and see what you've never seen before. Look where you've

never looked before. Use your photo expeditions to renew your spirit and overall good health. If you need a reason to get moving, photography can lead you to places and open doors only dreamed about. As Ralph Waldo Emerson said, "Life is a journey, not a destination." Through your photos we can come to know you and experience your journey. **We can't all write an autobiography, but we call all take a great picture to share!**

INSIDE...

- > SUMMER SHOT YOU NEED TO STAY HEALTHY
- > SURPRISING FITNESS BENEFITS OF PHOTOGRAPHY
- > TOP 10 TIPS FOR BETTER DIGITAL PHOTOS
- > PHOTOSHOP'S SHINY NEW OBJECT
- > SHOOTING FIREWORKS



**3,227
Photographers
Just like You...
Looking for
THE ANSWER!**

Readership at my website has zoomed past 3,000 this month.

More and more folks looking to use the new technologies in digital photography to bring immediate and long lasting change to their life.

Finding and delivering these amazing stories of change, and how it's done, is my mission in healthy **Photographer**.

Look inside to start finding your answers today!