

healthy PHOTOGRAPHER

Complimentary Edition!

US\$4.95

In this issue...

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- Top 10 Tips for People Pics
- Burn 3x More Calories!
- Photoshop: My 2 'LIKES'
- Meet Fun New People!
- Getting Models to say 'Yes!'
- 350,000 Can't All Be Wrong!

TOP 10 TIPS For People Portraits

- Watch Your Back**
Background that is...Keep it Simple
- Get Closer...Even Closer!**
Fill the frame with your subject,
But stay away from wide angle lenses
- Control the Light**
Use Natural, soft lighting or
Off-Camera Flash equipment
- Wear Solid Colors**
No patterns, optimize for eyes/skin/hair
- Compose**
Follow rules of good composition
- Focus on the Eyes**
Eyes must always be in sharp focus
- Use One Prop**
A scarf, hat, or item of interest to the
subject like a football or violin
- Eye-Level Perspective**
For a Traditional Portrait - be at eye
level with your subject
- Fresh Perspective**
Be bold/daring - shoot from up high
or lie on the ground and shoot up, use
extreme close-up or full side portrait
- Edit...**
Every digital portrait can be made
better with Photoshop

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

Buffalo, New York

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

Details on Page 2



The Secret...

Portrait Photographer's Magical Relaxation Technique



"Yet another beautiful young lady strides confidently through the plaza with her cotton summer dress dancing in all the right ways. Her auburn hair streams out behind in perfect step with the undulations of her dress and sparkles in the midday sun. As a photographer, you can't help but marvel at her poise and sense of purpose.

Without ever missing a step, she takes a long glance at herself in the shop window. She strokes her long thin fingers through her hair and takes another look. We know what she's thinking, and we think she's beautiful too.

But this confident young gal has a secret. A deep dark secret.

By day and night, in her casual life, she feels confident and beautiful. She's at the top of her game. But deep inside she feels this dread of things to come. In two days time she must sit in front of a stranger. One who will look at her closely, with a critical eye, and examine her every feature.

HOW TO MAKE THEM SMILE

It's not as if she has a choice. Every high school senior must pass through this ritual.

When she walks through the studio doors, her poise and confidence drop from ten to below zero. Suddenly, she's conscious of every mark or scar she's ever gotten and that tiny little pimple seems larger than Mt. Vesuvius today. Why today of all days! She knows her nose is too big and it tilts just a bit to one side, but she hopes to God you won't notice too. But she's sure you will. And you'll say something about it too. She's sure of it."

Isn't it just amazing how much we all enjoy looking at ourselves, but we hate to have our picture taken! We all crave attention deeply, down to the very core of our being, but we hate for anyone to be really looking at us!

We humans are a complex bunch!

But regardless of our quirks and peccadilloes, it is the photographer's job to put us ease if he or she is to show us off in our best light. Shouting "SMILE" from behind the camera just won't cut it.

So what magic does the photographer call forth to overcome our dread of sitting before the lens?

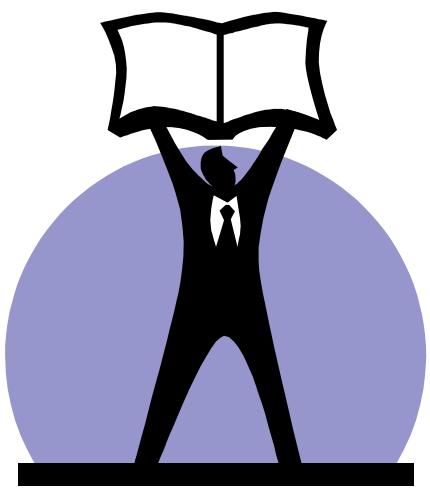
Prior conversation is a great stress reliever. Meeting the client before the actual photo session is a great way to break the ice. Client and photographer have a chat about what interests the client has, what kind of clothes they feel most comfortable in, what kind of props they might like to use. They can discuss hair and makeup. And they can decide on locations or background scenes. Perhaps there's a particular music that puts them in the mood for fun?

The simple act of sitting down with the client, a week or so before the photo session, and getting to know him or her goes a long way toward allowing their best face to come forward. It's a great relaxation technique.

At the session, the photographer should display an organized, relaxed demeanor. The client will never relax if you're shouting angry commands at your assistant or fighting with vendors on the phone. Certainly one can never be abrupt or short with the client. A calm and relaxed voice, offered with authority and clarity of purpose will put the client in the best state for stunning photos.

Put on some upbeat music to set the mood. Ideally, the music you discussed at your prior meeting. Have the props ready for use as well as all your lights and equipment. The client's anguish only rises when they have to wait for you. Keep talking as you work and prepare the next scene. When they know what to expect and what you are trying to do it helps them a great deal. You are a team, and your photos will show just how well you worked together. As photographer, you are the leader and bear ultimate responsibility for the outcome.

So be nice, keep it light and add a dash of humor. That's the photographer's secret to getting great portraits.



FAVORITE BOOK AUTHORS

BRYAN PETERSON

Understanding Exposure is now in its 3rd edition. 350,000 people can't all be wrong! Great book for folks who really want to understand how to embrace the light.

MICHAEL FREEMAN

The Photographer's Mind

Inspiring book for those who are challenged to create an inviting scene. Learn composition tricks and discover how to "really see".

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

MEGA CALORIE BURN!

Do This When Taking Photos and Burn up to 3X as Many Calories!

You'll Automatically Get Better Photos Too!

If you're just taking a leisurely stroll in the park and expecting to drop a few pounds on your photo walk, ***you don't know squat!***

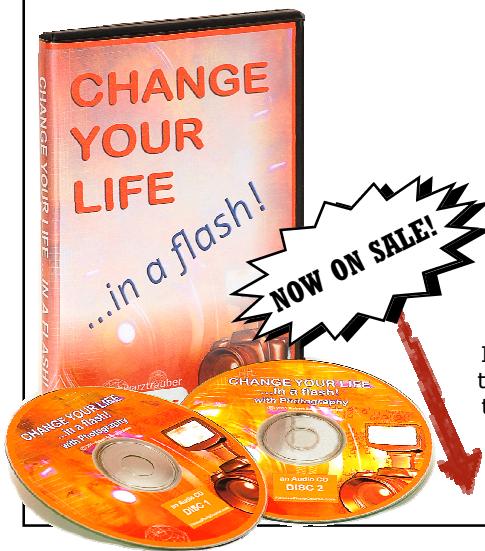
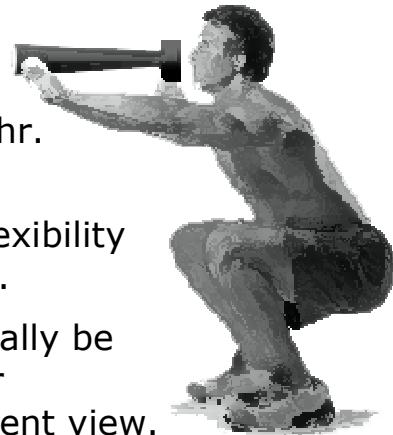
I don't say that to be mean, but to encourage you to add SQUATS to your photo routine.

While normal walking will burn about 100 calories/hr. Squats burn up to 300 calories/hr. That's 3X as many calories!

Squats will also improve your flexibility and abdominal and leg strength.

Plus, your photos will automatically be better because you change your perspective and offer us a different view.

Add lots of squats to your next photo adventure!



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FitnessPhotoCourse.com

Test Your Knowledge...

"At a brisk pace, how many steps can you take in a 30 minute photo walk?"

(Answer on page 3)



SHOP TALK

Tips and Tricks to Fix Your Pix

If you thought **Content Aware Fill** or **Puppet Warp** would be my new favorite Photoshop shortcuts with CS5, you'd be wrong. It turns out my old favorites are still my favorites. I use these two common keyboard shortcuts more than just about anything I can think of. (*not sayin' my memories is so good!*)

Ctrl -J to duplicate an entire layer or to duplicate an active selection onto a new layer.

Ctrl-Alt-Shift-E like flattening without losing your ability to go back and change layers. You create a new blank layer (usually at the top of the stack) then press Ctrl-Alt-Shift-E and all the active layers are combined into one. (You can exclude any layer, prior to the command, by turning off its layer icon.)

Use these shortcuts to speed up your next Photoshop project.

"Shop Talk" sponsored by PhotoshopTipCards.com

My 2 Favorite Keyboard Shortcuts!



MEET (NICE) PEOPLE

Sometimes we like the freedom of being able to set off, on our own, to parts unknown for photo taking.

Sometimes, we find ourselves in parts unknown and wish we had brought a friend along for protection!



Sometimes, we just enjoy the pleasure of sharing a photo adventure with folks who love photography as much as we do. But where do we find these people? Who can we trust?

Meetup.com offers a great solution for photographers and people of all interests. Simply go to their webpage, sign up (it's free!) and you'll be introduced to 100's of opportunities to meet people of interest just like you. Search "PHOTOGRAPHY" and you'll likely find several groups you can join. If not, you can always start and lead your own group too!

Then, you'll be notified whenever the group has an outing (or you can suggest one). Great way to meet nice folks, have fun, and travel safely.

COMING UP NEXT...

CHRONIC BACK PAIN?

HOW ONE DISABLED COP USES PHOTOSHOP TO MASK THE PAIN

BACK-TO-SCHOOL

5 TOP WEBSITES FOR LEARNING PHOTO TIPS & TRICKS

LIGHT MASTERY

BROAD, SHORT, REMBRANDT, SPLIT...WHAT'S IT ALL MEAN! (PROFESSIONAL PROGRAM REVIEW)

D.I.Y. PROJECTS

ARE YOU REALLY SAVING MONEY... OR WASTING YOUR TIME

...AND MUCH MORE!



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Stay Healthy, Wealthy and Wise!

(RDA is 10,000 steps daily)
1000 steps!
Answer from Test on Page 2

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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 AUGUST 2011

Getting Models to Say "YES!"

The world is full of the most interesting people. Beautiful people, colorful people, people of great character. But mother scolded... "Don't Talk to Strangers!" How do we move beyond our shyness to get the pics?

- Don't be a Creep or a Sneak...if you want the photo, ASK! "Would it be alright if I took your photograph BECAUSE...*(offer a compliment)*?"
- Dress like a professional when you're out. People just respond better to well dressed people. For goodness sake, No hoodies!
- Don't beg! If their reply is initially no, be gracious, offer your business card and invite them for a free session or TFP (remind yourself of rule #1)
- Consider compensation. If you're traveling in impoverished areas or your subject is homeless, many are willing to pose for the price of a meal.



Robert's Ramblings

Welcome new readers! This issue offers tons of great new tips just in time for high school senior portraits. Anyone can use these portrait tips to vastly improve the photos of the ones we love...or admire! You'll also find great tips for maximizing your workout potential and for meeting fun new people with your buff new bod!

Buffalo, NY has a great heritage of architectural wonders that I hope to be taking advantage of soon. Tours are offered weekly and I'm eager to get to several before the summer ends. I'm especially eager to catch the tour of churches which offers exceptional opportunities to capture the most amazing stained glass. One church, Trinity Episcopal, offers huge windows of original and genuine Louis C. Tiffany opalescent stained glass. That's August 17. An historic, million dollar view you can take home in your DSLR!

INSIDE...

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**3,452
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!**