

## Workshops by MDUAP

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**Fitness Workshop Jan 17<sup>th</sup>:** Presented by Andrea Anderson, Part Time Personal Trainer, B.S. Degree in Exercise Science. Andrea provided information on different ways to exercise and how we can set realistic goals related to fitness and feeling good about ourselves.

- First, “What is Beauty?” There is nothing wrong with wanting to be beautiful and there’s certainly nothing wrong with having a goal. In fact, it’s almost impossible to get anywhere in life without goals. But not every goal is a good goal. For example, if your goal is not really your own but is borrowed from someone else, it’s probably not going to be right for you. And becoming more beautiful is only a good goal for you if you understand what beauty is really is. Perspective on real beauty.... That it comes in many flavors. There isn’t one way to be beautiful. Importantly that we need to say, ok this is what I was given. How am I going to make my body the best I can possibly make it?
- Second, we have to say – perfect does not exist. There’s no such a thing as perfect job or a perfect body. If our goal is perfection, we are guaranteed to fail. And if your goal is to look like someone else, perfect or not, you won’t succeed, because you can’t escape your body. You need to develop your own opinion about yourself instead of listening to others, because only you have the power to bring out your own unique beauty.
- Third, with exercise and eating healthy, it empowers us to love ourselves by taking care of our bodies and feeling strong. Exercise does wonders for us – helps with aging, less depression, and increase energy.
- Last, don’t expect results overnight. Everything we do takes effort to accomplish what we want in life. Set goals, and make sure they are REALISTIC! Can’t lose 10 lbs in one week. Do something you enjoy to help you stay on track with your fitness program.

### **Platform/Modeling/Beauty Feb 7<sup>th</sup>:**

#### **Platform presented by Jen Byrnes, Miss Deaf Oregon 2001-2003**

Workshop on how to develop a platform: Jen shared important things to think about; think of a platform related to something that is important to you, and also something that will attract the audience. Tips/Points to get started:

1) Attention getter 2) Statistics 3) Organization 4) Steps you will do to accomplish or solve the problem 5) End with impact.

#### **Modeling with Miss Utah, Kayla Barclay 2008**

##### **Points/Tips by Kayla**

1. Look at the audience and always smile and try to stay relaxed.
2. Swing your arms naturally (it might help to think of brushing both hands back and forth across legs to make sure they are not stiff but moving their arms. I tell people to think of touching their middle finger across leg because then they have a natural hand that is not a blade hand.)
3. Pull shoulders back so the posture is elegant.
4. Don't bend knees while walking
5. When posing, whatever foot is in the front have it facing the front straight on, and the foot that is in the back is at a slight diagonal. (I told the girls to think of their feet being on a face clock. The front foot is pointing at 12 o'clock and the back foot is either facing at the 2:00 or the 10:00

depending on which foot is back.) The foot that is in the front should be positioned in the middle of the back foot's arch.

6. When starting to walk again after posing ALWAYS start with your front foot. EXAMPLE: If you are posing with your right foot forward you start walking on your right foot.

7. When starting to walk again after posing ALWAYS make your first step small, smaller than your regular walking stride.

8. When starting to walk again after posing, make sure your first step is crossed and not opened. EXAMPLE: Your right foot is in front in your pose and you want to go right. If you step with your FRONT FOOT like you are supposed to you are then OPENING your legs instead of crossing. Instead you should step with your right foot crossing over to the left slightly (please do not cross with a big step) and then gradually curve back to the right where you want to go. (You should be walking in a straight line to your destination no later than the 3rd step.)

- ANOTHER OPTION- If your right foot is in front and you want to go right you could also just switch your legs so that the left foot is now in front. When switching, make sure not to make it a big ordeal. This is a subtle movement to get your feet where they need to be.

Practice these things before the pageant then they will become second nature. I understand that at the beginning it will seem like a lot to think about, because it is. :) Above all, you need to look like you are having fun and are comfortable.