

# Photo Tutorial

A picture is worth a thousand words, and the photos you submit to the IsaBody Challenge could mean the difference between a £150/€165 product coupon and being recognised as the Grand Prize Winner! Follow these simple tips to capture your IsaBody transformation.

## » DO

### FRONT FACING WITH NEWSPAPER



1. Wear trim, fitted athletic clothing. If you feel comfortable, take a picture shirtless (for men) or in a sports bra (for women).

### FRONT



2. Take your picture against a bare wall or white background so you're the focus of the photo.

### BACK



3. Take your picture in a well-lit room with a good camera to produce a high-quality image.

### PROFILE/SIDE



4. Stand up straight with good posture and have a friend take your picture for the best possible angle.

## » DON'T



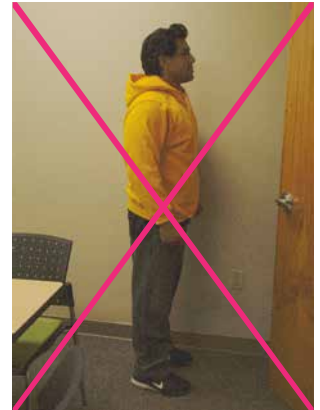
1. Don't wear baggy, loose-fitting clothes.



2. Don't take a selfie, a picture of yourself in the mirror, or cover your face.



3. Don't take your picture in front of a busy, back-lit, or cluttered background.



4. Don't take your picture in a dark room or submit a low-quality, pixelated image.