

Unlike other types of modeling, fitness modeling focuses more on displaying a physique that not only looks healthy and fit, but also athletic. Fitness modeling is a bit like bodybuilding, but with less emphasis on the size of the model's muscles. Fitness modeling, of course, uses only the fittest models when selling health shakes, protein bars, fitness magazines, sports clothes, or any product targeting people who have fit and healthy lifestyles.

Obviously, the path towards having a successful career in fitness modeling is not an easy one. For starters, anyone who dreams of becoming a fitness model should always be in shape, all year round. And staying in shape here means maintaining a lean muscular look and having great muscle definition, not getting one of those bulky muscle-bound bodies bodybuilders have.

Once you've achieved your target physique, then document it by creating your own photo portfolio. Choose pics that show your body at its fittest and most athletic, then send them to fitness magazines or modeling agencies that just might think you have the look they're looking for.

Another excellent way of getting into fitness modeling is to participate in fitness conventions or even joining fitness competitions. Search the Internet and you'll find a wealth of information about such events. However, there are some things which you have to keep in mind before you take part in them. One is that you should know beforehand which federations have judging criteria that would be a perfect fit to the shape that you're in right now. Then there's the all-too-important part of knowing whether you really have what it takes to ably compete in these contests. Remember that these competitions require a routine, and you have to be able to decide whether you're capable of performing such a routine.

Then of course, it helps to have a very healthy attitude towards these things. Very rarely do fitness magazines, modeling agencies and fitness federations come to the model. The model should go to them, and be willing to have their pictures published for free if need be. It's a very humble way of starting out,

but who knows? That particular picture could be your ticket to a successful fitness modeling career. Companies selling fitness-related products just might spot that pic of yours and decide to offer you a job modeling their merchandise. Better yet, always remember that there are movie and TV talent scouts everywhere looking for someone fit enough to star in action-themed projects.