

MODEL MOMS

Reality Behind The Pictures

written by Teresa Tapp



So many people think that models have the ideal life. They get to travel, stay in beautiful resorts with all the details taken care of, and have all the time they need for exercise, massages, and facials to maintain their fresh and fit beauty.

Well, let me tell

you the real story - a lot of models you see featured in magazine layouts as well as catalogs are moms and one thing mothers never have enough of - is time. Then comes that unconditional love where moms put their own needs second to the needs of their children. So getting back in shape becomes secondary but unfortunately for those mothers who are

models, that isn't even an option. For them, the shape and health of their body often determines the size of their paycheck!

Since I have trained hundreds of models for over 18 years, I thought that others would like to know what occurs behind the image models project. First of all, having a baby doesn't mean that one's figure is automatically sacrificed. Second, models are real people who just happen to be born with the necessary basics of height and facial features that reflect light rather than create shadows.



As you can tell from these recent magazine and catalog covers, she is just as busy working today as she was back in 1990. The only difference is that she has had two children in the last six years!



They learn the craft of how to walk, look at the camera, and smile. They also work at keeping fit and having a baby affects their bodies the same as ours - it is amazing how the female body can change. So let's meet one of the busy working moms I know - Morena Corwin.

I met Morena in South Miami Beach during 1990 catalog season. She has always been in demand as a swimsuit, lingerie, and fitness model because of her great shape and exotic beauty. As you

can tell from these recent magazine and catalog covers, she is just as busy working today as she was back in 1990. The only difference is that she has had two children in the last six

years! Her daughter, Amelia, is 5 years old and her son, Logan, is almost 4. Her life is a constant whirl of activity and she does not have a nanny, housekeeper, or assistant to help her. In fact, her children are quite adept at traveling because she maintains homes in Jacksonville, FL as well as Los Angeles, CA. She takes her children with her whenever possible and Amelia gets to work with Mom as you can see from these cute photos. The other child model on the job - Christine Maggio - and Amelia were natural stars in front of the camera. Talk about good genetics - with



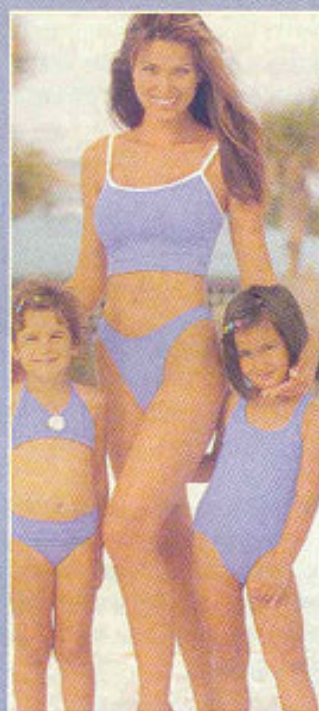
Morena, it is a family affair. The black and white photo features Mom in the middle with Morena and her sister Lola on each side. Mom and Lola help alot. That's Lola in the purple swimsuit with Amelia. Lola and Morena aren't twins but they sure look identical; they often get booked together. Last year they did swimwear posters for The Body Shop stores and their swimsuit calendar was a big hit. Lola was a National Finalist for Hawaiian Tropic and both are Venus Swimwear regulars. "Getting bookings together really helps with babysitting" says Morena - "I couldn't maintain my busy work schedule without my mother and sister!"

"Having a baby was pretty scary the first time but I enjoyed both pregnancies. I gained 50 pounds with each child and ate everything I wanted without guilt. I learned to listen to my body and apply nutritional knowledge Teresa had taught me when I was younger. However, my first labor lasted 8 hours and I thought it was never going to end. I vowed never to get pregnant again! I was so worried about losing the weight that I was

totally in shape within two months. Teresa's famous "Put



Talk about good genetics – with Morena, it is a family affair. The black and white photo features Mom in the middle with Morena and her sister Lola on each side.



it was possible to regain my figure, I did not worry so much and allowed myself 4 months to be "swimsuit ready". I did a lingerie campaign along with a major lingerie catalog job during the 5th month after my son's birth. Modeling has its monetary rewards but it can be difficult for a person who also has the demanding, all-consuming job of being a mother. Sometimes it's tough to smile and look carefree in front of the camera when your child is sick with a

Your Organs In Place" got rid of my post pregnancy "apron" within 6 weeks. Delivery of my son was much easier; labor was only 3 hours. Since I knew

fever. I always try to give my children quality time but there are days when I am really tired after a 10 hour shoot, three days in a row. I hope to be able to model as long as I can, however, I know that the day will come when I will not be



able to get the number of jobs like now. So until then, it's lights, camera, action – somehow moms can do it because when there's a will there is a way and my children are worth it. I love being a mom!"