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The Art of the Action Selfie

NO INSTAGRAM HUSBAND, NO PROBLEM. YOU WON'T NEED A FITNESS BUDDY TO TAKE YOUR PHOTOS IF YOU'VE GOT THESE TRICKS IN YOUR (LEGGINGS) POCKET.

By Ashley Mateo

- 1 **Dress boldly.**
Contrasting colors, like cool tones against sunsets or warm shades in green spaces, will help you pop in a pic, adding a dynamic element, says Lisa Slagle, a sports photographer.
- 2 **Shoot early or late.**
Snap pics during the "magic hour" around sunrise or sunset when "natural light is golden," says Slagle. Doing so nixes harsh shadows or overexposure and gives you that ideal glow.
- 3 **Snap from hip height.**
Prop your phone up on a bench or ledge (anything that's not over water—RIP iPhone 8) so it looks like an actual human took the pic. Avoid setting your phone on the ground; you'll see right up your nose.
- 4 **Tap into that self-timer.**
Burst mode, which takes 10 pics per second, is your BFF. Position your phone, then cue your countdown to action and hustle. Aim to be at peak pose when the clock hits zero.
- 5 **Follow the rule of thirds.**
Divide your screen into three vertical segments, and position your body to the left or right. "That will give the action room to breathe and make for a nice composition," says Slagle.

Next-Level Tech



Want a jumping pic à la *WH* editor-in-chief @lizplosser? An Apple Watch or this cheap remote will help you snap frames mid-leap.

KobraTech Bluetooth Remote Shutter Release, \$15, amazon.com



The flexible legs of this tripod work like tentacles you can wrap around posts or barres. Plus, the camera stand swivels 360 degrees, allowing you to capture the perfect angle every time.

Joby GripTight One, \$20, joby.com