

The Importance of Vitality in Street Photography

What's poppin, people? It's Dante.

This morning I'm thinking about vitality and street photography — and why this matters so much.

If you're feeling unmotivated or stuck, if you feel like you're not making progress with your photography, it's probably because of one thing: **your vitality**.

Motivation Comes from Movement

When you look at the word *motivation*, it comes from the Latin *movere*, meaning **to move**.

It quite literally derives through your physical body — through your two legs — moving through the world, walking endlessly.

If you lack vitality, you won't cultivate curiosity.

And to me, that's the ultimate goal of a photographer: **to cultivate curiosity**.

The Vitality Loop

So how do you cultivate curiosity?

It starts with vitality.

With vitality, you move more.

The more you move, the more you see.

The more you see, the more you photograph.

And the more you photograph, the more curious you become.

It's a feedback loop — a simple, powerful cycle.

Street photography is a *physical act*.

It's not just about pressing a button. It's about moving your body — dropping low, shifting left, chasing light, walking long distances, sometimes not finding anything, but continuously pushing yourself.

Cultivate Vitality First

With anything in life, vitality must come first.
Because with vitality, you can conquer anything.

So think about how you can cultivate your own vitality.
Here are a few simple practices that help me:

- **Get eight hours of sleep.**
- **Take cold showers in the morning and hot baths at night.**
- **Train your body.** Lift heavy, stretch deeply, move often.
- **Practice yoga.** I do it every morning to wake up my body.
- **Catch the sunrise.** Start the day with light and gratitude.

I have a physical day ahead — laboring, putting soil down, moving plants — and this is part of how I build my vitality. It gives me the strength to work, to create, to walk endlessly.

Vitality Improves Your Photography

The more vitality I have in my body, the more energy I wake up with in the morning — and the better my photos become.

It's just like weightlifting. The more that you lift, the stronger you get.

*“The more that you go out and photograph, the better you become.
But it all derives through vitality – through movement.”*

The Call to Action

Find new ways to cultivate vitality.
Increase your health, your strength, your endurance.

For me, it’s simple:
I fast, I eat red meat, I sleep deeply, and I repeat.

And because of that, I can walk endlessly.
I can keep pushing forward – both in life and in my photography.

Cultivate vitality.

Because when you move your body, you move your mind.
And when your mind moves – *your vision expands.*