

Why Physical Health Makes You a Better Photographer

What's poppin', people? It's Dante, currently reporting live from the gigantic rock that's orbiting around this ball of fire floating through the void of space.

Welcome to Penn's Landing.

Dante reporting live from Planet Earth.

Today's thought is about **physical vitality, photography, and the intersection between health and creativity.**

A Strong Body Creates Better Work

I believe that a strong body produces better creative work.

When your body is fortified with strength and vitality, your mind naturally follows with greater clarity.

From that state, creating becomes almost effortless.

That's why I orient nearly every part of my life around my health.

Because the better I feel physically...

The better I create.

Building a Creative Routine

My routine is very simple.

I go to bed around **9 PM** every night so I can wake up before sunrise after a deep night's sleep.

Before the sun even comes up, I'm already creating.

I'm writing.

Making videos.

Editing photographs.

Producing.

I love beginning the day from a creative state, when my energy is naturally at its highest.

Good sleep creates momentum.

That momentum carries me into creation.

Motivation Means Movement

I've always loved the idea that **motivation** comes from *movere*—to move.

Whether or not that's the full linguistic history, the idea resonates with me.

The more you move...

The more motivated you become.

Photography is a physical medium.

It asks you to walk.

To explore.

To notice.

To respond.

You're not sitting behind a desk.

You're carrying your body through reality.

He Who Walks the Most Shall Win

One thought I return to often is this:

He who walks the most shall win.

The more you walk...

The more you see.

The more you see...

The more you photograph.

The more you photograph...

The more curious you become.

And curiosity creates joy.

Photography rewards movement.

Creating From an Empty State

Something I've noticed over the past four years is that nearly every black-and-white photograph I've made has been created in a fasted state.

I haven't eaten breakfast or lunch in years.

Every photograph has been made before my first meal.

Whether or not that matters scientifically, I can't say with certainty.

But for me personally, I've found that photographing while fasted leaves me feeling mentally clear and deeply focused.

When my body isn't occupied with digestion...

My attention feels entirely available for the world around me.

Simplifying Decisions

One of the biggest enemies of creativity is decision fatigue.

The more decisions you make...

The more mental energy disappears.

So I've stripped my life down to the essentials.

Walking.

Sunlight.

Water.

Good sleep.

One meal each day.

A simple routine.

The fewer unnecessary decisions I make, the more energy I have for creating.

Walking Barefoot

Another habit that's transformed my life has been walking barefoot whenever it's practical and safe.

It has strengthened my feet.

Improved my posture.

Changed the way I walk.

Made me feel more connected to my body.

Spending more time outside, feeling the sun, and moving naturally has given me more energy throughout the day.

And that energy inevitably flows into my photography.

Photography Is a Physical Medium

Photography isn't just about composition.

It isn't just about understanding light.

Those things matter.

But before any of that...

Photography requires courage.

It requires curiosity.

And above all...

It requires movement.

You have to physically place yourself into the world.

You have to show up.

Vitality Creates Better Photographs

The more energy you have...

The longer you'll stay outside.

The more you'll explore.

The more opportunities you'll discover.

Photography rewards people who continue moving.

That's why I believe physical vitality isn't separate from creativity.

It's the foundation beneath it.

Final Thoughts

For me, photography begins long before I press the shutter.

It begins with how I sleep.

How I move.

How I care for my body.

How much time I spend outdoors.

Health isn't something separate from my creative practice.

It's part of the process.

The stronger my body becomes...

The more freely I can move through the world.

And the more freely I move...

The more photographs I'm able to make.

Photography is physical.

And because of that, I choose to prioritize health and vitality every single day.