

H1: PLUS SIZE MODELS MEASUREMENTS & STANDARDS

Becoming a model is possible even if you aren't extremely skinny. Nowadays, the standards concerning physical parameters are overhauled, which has a positive effect on the diversity of characters. If you yearn to become a part of this world, namely, enter the segment of plus size models, you should start with learning the plus size model requirements, compile your portfolio, and find a credible agency that will represent you. Keep in mind, that a golden standard for plus size models is 45-34-48 measurements. Want to find out more details? Keep reading this guide.

H2: What Are the Plus Size Model Requirements?

Though such requirements differ depending on the country, brand, and agency, there are certain numbers to stick to while searching for a job:

Size Requirements – the ideal sizes range from 12 to 14 if we are talking about print media. 18 is a perfect option for modeling and the numbers from 18 to 22 fit the bill for runways.

Height Requirements – height is one of the key measurements for a plus-size model. If you are interested in high fashion, you need to be between 5'9" to 6". Fit models are expected to be 5'5 - 5'9". Agents seeking models for commercial modeling mainly concentrate on body and face type rather than height.

Body Shape – namely refers to the waistline, which must be 10" less than that of the hips. The requirements for plus-size male models are less stringent. As the standard model has a waist size from 29 to 34, a plus-size colleague should stick to the number over 34.

Note: Regardless of the area of plus size modeling you'd like to specialize in, it is very important to feel confident, be healthy, and have smooth skin, shiny hair, white teeth, and good nails.

H2: Successful Plus Size Models

I have collected the info about the most famed representatives of the plus size modeling sphere. These are larger-than-life personalities, who have made a significant impact on the development of this niche. Besides, they shared some useful tips and inspirational stories for beginners, which you can find below.

H3: Ashley Graham

Measurements: 42-30-46 in

Ashley Graham has a long track record in the modeling world. She was among the first plus-size supermodels who appeared on the Sports Illustrated cover. The success was whopping and her photos were featured on the next 3 covers. Ashley has cooperated with Vogue, Cosmopolitan, and other high-profile magazines.

You can see her images on Vogue's '30 Under 30' list. Besides, she was among the '25 Most Intriguing People' in 2016. However, Ashley didn't stop there and wrote a book called 'What Confidence, Beauty, And Power Really Look Like'. If you want to find out Ashley's personal opinion about the plus-size model's measurements as well as real-life stories, you should read this book.