

Danielle Pascente

Many little girls dream of growing up and making dad proud,

but for Danielle Pascente, that dream has a rare dynamic. Pascente was just 6 when her father, Steve Pascente, beloved sportscaster for KPNX-12 in Phoenix, was killed in a car accident while on assignment in Washington, D.C. "I grew up with sports," explains Pascente. "I wanted to carry on my father's legacy. I wanted a career in sports where I could earn the respect he had earned."

Pascente is off to a great start. Not even 25 yet and she is an accomplished sports model, motivational speaker and personal trainer. She grew up in the Phoenix area—her family still lives here—and graduated from Phoenix Xavier College Prep. "I played just about every sport," she recalls. "Gymnastics, swimming, track and field, cheerleading."

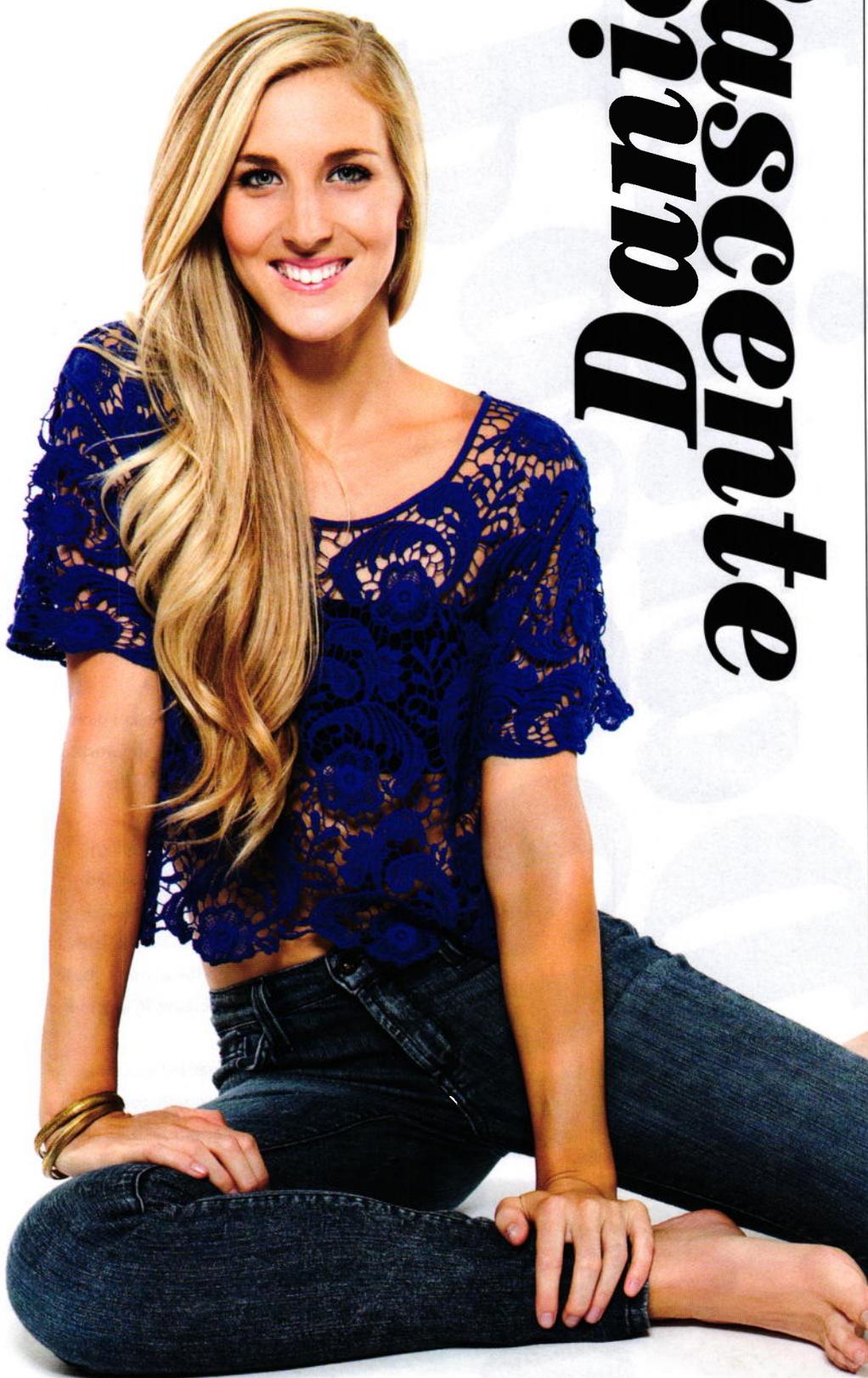
She spent 13 years in competitive swimming and eight years in gymnastics. At Xavier, she was a member of the United Spirit Association All-Girl Stunt Association national championship team. During college, she worked part-time at Xavier coaching the cheerleading squad.

Pascente earned a psychology degree from ASU, and then she had to make a career choice. "Because I played so many sports," she explained, "I couldn't really go the Olympic route because I didn't specialize in any one sport."

She knew she needed to find a different outlet. She briefly considered sports broadcasting, but realized she could best continue her true love of playing sports as a sports model.

Pascente made her choice and then, as with everything she encounters, threw herself into making it happen. To find out all she could about the unique

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Age: 24

Status: Single

Height: 5' 10"

Weight: 135 lb.

Workout: "I switch it up every day, but always workout about 2 hours every day. It might be working out at the gym, running, beach training, sprint work at the track with bleachers, swimming or biking. I do a 60-minute, full-body workout. My favorite is high intensity interval training (HIIT). I train 6 or 7 days a week."

Typical Day of Food: "I do a lot of cardio work, so I eat a lot of carbs. I usually start with oatmeal and I add protein powder to it and sweeten it with Stevia, a spoon of peanut butter, and a cup of black coffee. Mid-morning, I'll have a banana or other fruit for snack. Lunch is usually a veggie-packed salad and I might add chicken or eggs to it. I also eat a protein bar. The only protein bars I eat are Luna Bars, because they are more for women with fewer proteins. In the afternoon, I'll snack on almonds, trail mix, fruits, veggies. For dinner, I'll have another salad with protein or maybe chicken with asparagus. I also eat a lot of whole grain pasta."

Food Weakness: "Mac and cheese. Any kind, anywhere, any time." Also is crazy about chocolate, especially peanut butter M&Ms. She allows herself sweets on the weekends and usually has frozen yogurt twice a week.

Best Advice: "It's important to sit down and figure out what you want to do in life and then do it. What mark do you want to make? Believe in yourself and be self-motivated. Live every day to the fullest."

world of sports modeling, she discovered a company called Fitness Model International (www.fmievents.com), which helped her get started. "Without FMI," she says, "I'm not sure I would be doing this. They showed me how to market myself as a brand and how to get started in the industry."

Pascente began the methodical move toward her new career. She relocated to Southern California—although she comes home to Phoenix as often as possible—and contacted a sports photographer to get a variety of photos. Finally, she sought out a sports modeling agency. "People will argue about whether or not you need an agency," explains Pascente, "but having an agent is not only helpful, it can get you way further in your career way faster." She signed with Sports + Lifestyle Unlimited (www.sluagency.com) and has been working for some big names in the industry since then.

In the short time she has been working in the field, her credits include covers on *Runner's World* and *Max Sports & Fitness*, print ads and commercials for ASICS, Power Systems, Moving Comfort, ICON Fitness, Nike, Reebok, Eastbay, Adidas, ICON Fitness, SportsIllustrated.com, and more. She has walked the runway recently for the 2013 collections for Sketchers and Patagonia.

Pascente says the key to keeping steady work is in staying fit. "A sports model must be able to come on set and perform," she explains. "Not only does that mean the model must be diverse in

types of sports, but she must also stay in top shape. So many models wrap a shoot and decide to take time off." Pascente says she understands the need for some downtime and allows herself a day to regroup after a shoot, "but you have to keep your body in shape. It's just like the Olympics. Those athletes don't think, 'Oh, the Olympics are over so I can go relax for four years.' They know they have to practice to stay in shape."

For Pascente, though, staying fit is not hard work. It makes her feel good to exercise and workout. "I'm motivated by the need to be healthy," she explains. She even spends her down time away from the cameras being active. "I surround myself with like-minded people," she explains. "I enjoy hiking, running, biking. I would try skydiving, bungee jumping. Anything adventurous. I also like to travel. I travel whenever I can to see my family and my friends."

Pascente is the first to admit that her career choice is not always easy. "There are moments I could do without, like spending all day in shoes that are too small or something," she says, laughing, "but then I remind myself what I'm doing. I'm working out and getting paid to do it."

Although she enjoys all the mediums in which she works, Pascente gets most excited filming commercials. She has a new commercial out for Sketchers in which she had a chance to tumble during the filming. "I enjoyed that one. Not only did I get to do gymnastics, but it was very cool to be the only talent for such a big brand."

Another commercial soon to air for ASICS involved a "crazy cool concept" and a lot of paint that Pascente will remember for a long time to come.

Watching her career grow is exciting. "The key is being versatile," she

explains. "I just keep practicing." She hopes to continue modeling, breaking into even bigger brands in the future. "I want to be a recognized talent in the industry. I would love to be the major talent for Nike, ASICS, one of the big brands, someone even bigger maybe."

However, modeling is not Pascente's only goal. "I love the personal training I'm doing," she says. "It's inspiring to work closely with my clients and have a role in changing their lives." She operates Pascente PT in California and meets individually with her clients right now. She uses the letters of her last name as the guidelines for her training philosophy: Passion, Action, Safety, Change, Effective, Noble, Trustworthy and Excellence. Hoping to take her passion for a life of fitness to more people, Pascente wants to open her own gym in the future. "I haven't decided where yet. Maybe back in Arizona, even. But, it's a definite goal."

These are lofty achievements and even loftier goals for someone still so young. "I think about people who overcome great challenges on a daily basis," she explains. "Here, I have a full, healthy body. I should be grateful. Every day is a gift and I want to use my body to its fullest capabilities."

It sounds as if Steve Pascente's legacy is alive and well.

Find out more about Danielle Pascente online at www.daniellepascente.com.

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