

TRANSCRIPT

WHITNEY THOMPSON FREE THINKER VIDEO



My name is Whitney Thompson, I'm the cycle 10 winner of America's Next Top Model. I'm from Atlantic Beach, Florida, which is a really small town close to Jacksonville.

If I didn't have the parents that I had, then I would never of won top model, you know it's like you have to have this really great support system and I was definitely lucky to have that. I've never tried tobacco. I don't get it. I never have. I mean, like, if you know it causes all these horrible problems, like, why would you ever even start?

When you're filming the show, one of the rules is that you can't smoke and there were probably six girls on my show — six out of 14 who smoked and they walk into the house and they have to go cold turkey. There were a lot of catfights in the house.

You know you're doing these photo shoots and it seems like oh that's easy sit in hair and makeup or whatever, but when you're on set you're doing so much and you're moving and you don't get cigarette breaks. I mean I've had to do running and stretching, and you're holding these crazy positions and it's just something you can't do if you're not in shape, if you're not active. And, that's why they go for so many younger girls because the younger girls are able to do more.

There's definitely temptation to smoke in the fashion industry. I think it's so funny and sad, you know, when you see these young, young girls smoking cause it's like you're killing your skin. First of all, you're going to have wrinkles. Your career is over when you get wrinkles; it's done. They can't kick the habit, especially in the fashion industry because you're putting your entire life at risk. It's just sad, you know, there's a better way to do it.

You have to be a role model to your children, you can't say don't smoke and then go smoke. You know, a lot of people whose parents smoke, they smoke too.

Be free to let go. You don't have to be super skinny. You don't have to look like everybody else. You just can be yourself, and if you're confident in yourself, then that's what's beautiful.