



You Can Be *Sexy* at Any Size or Age!

Plus Size Model  
*Nancy Hayssen*



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**Media Kit**



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**The average American woman is 5'4 and a size 14.**

...but in the past 20 years, fashion models have gone from a size 8 to a size 0!

With over 8 million people in the USA that are anorexic, bulimic or have an eating disorder, the media's definition of beauty has become incredibly destructive and completely unrealistic.

International Plus-Size Model and author, Nancy Hayssen, is speaking out about today's standard of sexiness to include women of all shapes and sizes!

*"We're being lied to everyday.*

*The fashion industry and Hollywood have spread the MYTH that men want skinny anorexic looking women.*

*Women look at magazines and think they should look like that to be attractive. Sexy is a state of mind, and every woman can be sexy and attractive at any size."*

– Nancy Hayssen

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## Biography

Nancy Hayssen was born and raised in California by groovy, hippie parents. Their unconventional upbringing encouraged Hayssen to imagine, create and dream as a *free and passionate spirit*.

Hayssen became an International Plus-Sized model, posing for commercial, print, and online, working for companies like *Hot Topic, Torrid, Peggy Lutz, Igigi, and Aleetra*.

In 2007, Nancy Hayssen bared all for the cameras in a controversial "Love Your Body" campaign. Nancy Hayssen received attention worldwide, and has been featured on *Fox World News, CBS Entertainment Tonight, and Playboy Radio*.

But Nancy Hayssen is more than a pretty face. In 1997, Hayssen graduated *Summa Cum Laude* with a B.A. in psychology from Sonoma State University.

At the age of 23, she challenged gender stereotypes and became a *FAA Certified Airplane Pilot*. Hayssen traveled the world, flying small airplanes from the mountains of California to the deserts of Africa.

With over 15 years of experience in the marketing world, Nancy Hayssen is now author of two books, "You Can Be Sexy at Any Size or Age!" and "Insider Secrets to Become a Plus Size Model."

Today, Hayssen is inspiring women worldwide to defy the media standards of beauty and is *redefining sexiness* for the everyday woman by saying:

"You can be sexy at any size, weight or age!"

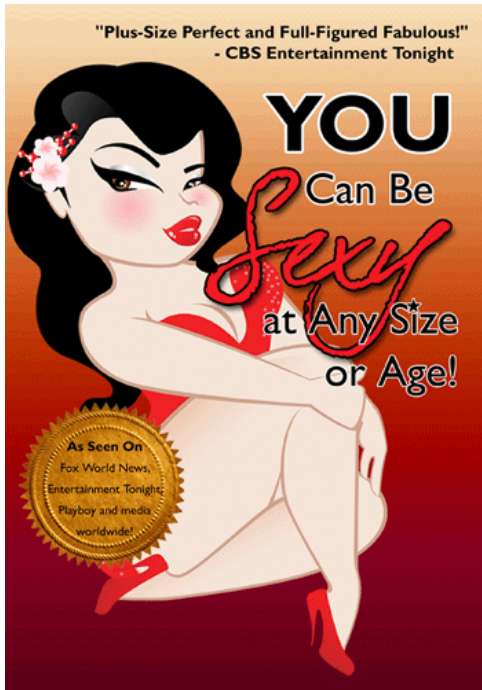


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## The Book

After years of modeling, Nancy Hayssen discovered that sexy was a state of mind, not determined by a number on the scale.

Inspired to spread the message, Nancy Hayssen wrote the book, "You Can Be Sexy at ANY Size or Age", the *must-have handbook* for an **instant makeover** of the body, mind and soul.

Nancy Hayssen debunks Hollywood myths and gives the "real skinny" about the damage the media's one-size fits all standard.

Filled with over 101 insider tips from beauty and fashion experts, Nancy *reveals the secrets* to celebrity status sexiness.

*"You Can Be Sexy at ANY Size" is a powerful book! By using the tips I was able to change my own outlook and attitude immediately. I have been shocked at how much more confident I feel from just carrying myself differently and other people have noticed my new confidence, too!*  
-Ana, Madison, WI

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print. commercial. online



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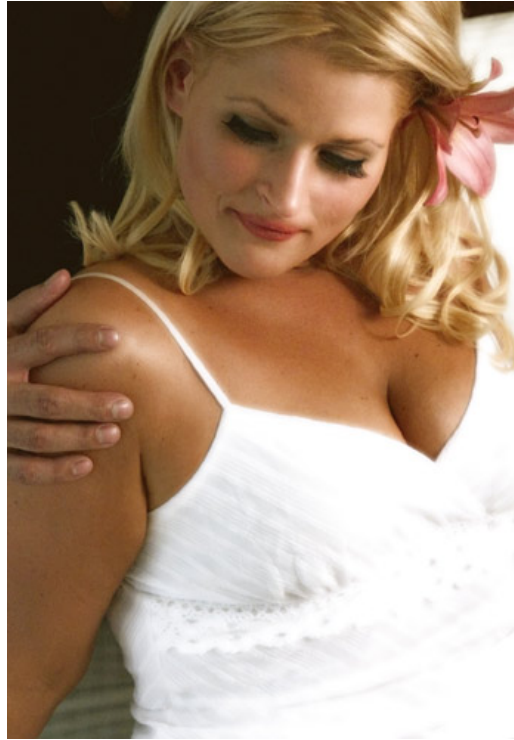


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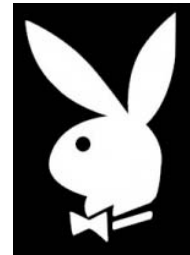
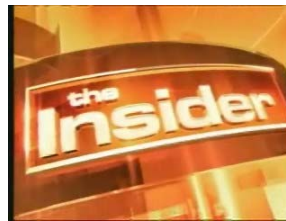
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**The Buzz About Nancy Hayssen!**

Check out all the exciting press at:  
[www.looksexynow.com/media.htm](http://www.looksexynow.com/media.htm)

As seen on...



**THE TIMES OF INDIA**

*"Nancy Hayssen is Plus-Sized perfect, and full-figured fabulous!"*  
- Pat O'Brien, The Insider.



<http://www.nancyhayssen.com/video.htm>

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## Frequently Asked Questions

### **1. Do men really think plus-size, BIG women are sexy, too?**

There are plenty of men out there who think big women are beautiful. Over 80% of the men polled said they prefer average (read plus size) women and there are even web sites for men who drool over very big women! Most of the time, women feel insecure about how they look and the fashion industry and Hollywood make large women feel bad about themselves.

Yet, I can tell you, ANY woman who carries herself with confidence and feels good about herself will attract men. It's all in the attitude. In "You Can Be Sexy at any Size or Age," you'll find over 101 easy, quick and affordable ways to look and feel sexy and attractive, no matter what your size, weight or age.

### **2. How do you know men love plus-sized women?**

My website for [sexy plus-size models](#) was the #1 website of its kind on the internet back in 1999. I got thousands of fan mail from men and women all over the world saying they loved the positive images of a real woman. I also know from my own experiences as a real life plus size woman men love my body the way it is.

### **3. Then why are all the models and celebrities so skinny?**

The main reason why models are so skinny is because clothing designers want a human clothes hanger with large shoulders, no curves, no breasts and no hips. When you have that masculine figure, clothes will hang loosely on a body focusing on the clothes, not the female body.

The perception of women has changed dramatically in the last 50 years. Marilyn Monroe, still considered to be one of the most beautiful women of all time, would now be considered overweight. The average American woman is 5'4 and wears a size 14. This also happens to be roughly the size Marilyn Monroe, who is considered to be one of the most beautiful celebrities of our time.

### **4. I'm unhappy with my body. I feel overweight, ugly and am on a constant diet. Can I look sexy WITHOUT losing weight?**

Sexy is a state of mind. Women can be sexy at any size, but it's all in your attitude. You should eat healthy and exercise, but constantly dieting, starving yourself, and being unhappy with how your body is a sure fire way to misery. I am in favor of everyone seeing themselves as beautiful, no matter what size they are. If you act like you believe you are an attractive, sexy woman, men will see you as one!

### **5. How can I make my daughter have better self-esteem with all the images in magazines? I don't want her to grow up feeling she has to be skinny to be beautiful!**

Give her love and acceptance for the body she has, without giving her messages about wanting her to be thinner. My dad always told me "Nancy, you are beautiful. You could be a model," and he always let me know that my body was perfect just the way it was. Parental support really does work! Take time to explain to your daughter that the pictures in the magazine are artificially produced and most of those models live very unhealthy lives in order to look that unnaturally thin.

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For more information or to book Nancy for events:

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