

NATALIA BONILLA

Brains, Beauty and Body

By Eddie Olmo

Currently Miss New York, NY for Swimsuit USA International, Natalia Bonilla is not just another swimsuit model. Natalia, a native New Yorker of Dominican descent, is in the process of acquiring her Master degree in the field of Emergency and Disaster Management in hopes of opening her own non-profit organization to help women in less fortunate situations. Aside from modeling and working toward her career, Bonilla is also very passionate about acting. Currently, Natalia is working on "The Familia" directed by John Damroth and Noel Torres.

When did you start modeling?

I've been doing it since I was 17 years old. Although I was a tomboy and wasn't into the whole looking like a diva thing, I joined a pageant, actually Miss Latina NY, USA and I won. So then I went to Las Vegas to participate in Miss Latina USA. From that moment on my career started. After that I worked with many different photographers and appeared in various magazines.

What diet plan do you do to maintain your weight?

I eat the right foods. Usually I have my green drinks on the weekend because of my fast metabolism. I'll do something like fresh kale, cucumber, ginger, celery and apple to give it a sweet taste to it. And during the week I like to eat foods that are high in protein like

salmon or chicken. In the morning I'll have something like a white egg veggie omelet.

What daily routine do you do to stay fit?

I go to the gym, but when I don't have time to go to the gym I do Capoeira [Brazilian martial arts]. I dedicate at least 45 minutes a day working out at home.

What motivates you?

I have a good team behind me, Tracey Smith who has been my manager for 5 years, Jason Artiga who shot my Capoeira pictures, but I think what motivates me is that I come from a place where we are very humble. I am the first in my family to graduate from college and will be the first to get a Masters. I also want to be able to help people. I want to be a positive role model for my people and all women.

Natalia's...

Capoeira name or apelido

Lagartixa

Cord

Yellow orange

Photo by Jason Artiga