

Angel's Advocate

She's fit, feisty and refreshingly honest—and those are just a few reasons why we have a girl crush on model Jasmine Tookes. This stunning American (who boasts African, West Indian and Brazilian roots) Victoria's Secret Angel was a passionate gymnast, and a keen volleyball and softball player before she was then "discovered" at the tender age of 15. We find out how she keeps fit today, her fave food, and what else makes her tick.

How did you become a Victoria's Secret Angel – is this something you'd always dreamed of and worked towards, or did it just happen?

Becoming a Victoria's Secret Angel was something I always dreamed of. The first show I saw was in 2000 and I knew I wanted to be on that runway, so I worked myself up to be where I am today.

What have been some of the greatest highlights of your career so far?

I think the greatest highlight of my career is this year, [when I was] wearing the Bright Night Fantasy Bra. I never thought I would be given this opportunity and it is such a dream.

A lot of people think that being a model is always a super glamorous job—but we know that it can be an incredibly tough one as well, with long hours and lots of travel, for instance. What are some of the biggest challenges you face through your work?

The biggest challenge is being away from my family. I have a little sister who is 7 years old and it is hard missing those special moments of when she was first born or took her first step. That is the hardest part of this job, being away from my family.

A hot topic lately has been the idea of social media promoting fitness and health. We love the fact that, especially when it comes to VS Sport, you guys are always pretty vocal about how you keep fit and healthy all year round. What are your thoughts on this social media phenomenon?

Josephine Skriver and I created the account JoJa to show people how we work out, because not everyone can afford a trainer or has the time to go to the gym. We wanted to show people how they could work out like us exactly, either at home or while they are travelling. The response was really great. Now girls are getting together and tagging JoJa, so I think social media is a really great way to band people together.

What about your normal workout routine—how often do you typically work out in a week, and what kind of workouts or sports do you usually like to do?

I aim to work out about five days a week, but it ends up being three or four days just because of my schedule. Some days I think it is important for me to catch up on sleep instead of getting to the gym early, but I try to make it to the gym 3-4 days a week.

Why do you think having the right workout gear is so important?

It is important to have the right workout gear because you have to be comfortable when you work out. If I am not comfortable at the gym, then I don't give my best effort in my workout. I love the Victoria Sport Knockout Tight—it fits great and I get in a great workout because they are really comfortable.

What's your go-to way to prepare before a big runway show?

Weights! I like to squat and focus on my legs right before the show.

What's your desert island must-have?

Pizza! Haha—[an] unlimited pizza supply.

What's your favourite dish to cook?

Or my favourite thing to order...I don't cook. My favourite thing to order is pizza, haha.

If you could pick any superpower in the world, what would you choose and why?

I would want to be invisible! It would be cool to go into different places you can't normally go into and experience so many different things! ■



**We wanted
to show
people how**
*they could work
out like us
exactly, either
at home or
while they're
travelling*