



Elyse wears
Yaya shirt,
Yeojin Bae
crop top,
Asilio shorts,
vintage
Chanel cuff
and necklaces
from Sir
Boutique
and Bling Bar

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Elyse Knowles

A ray of sunshine

Elyse Knowles found fame on a reality TV show and, while the limelight suits her, she has made a point of keeping it real ever since

WORDS ERIN MILLER

At just 26, Elyse Knowles has already ticked off a lot of things on her bucket list.

The Melbourne model has worked since she was a teenager, yet it was her time on reality TV series *The Block*, with partner Josh Barker, in 2017, that really thrust her into the limelight.

Her strong work ethic and relaxed

attitude contributed to the couple winning the season, but that ethos to roll up her sleeves and get the job done with a smile is one Elyse has had since the beginning of her modelling career.

“I’ve been to hundreds and hundreds of modelling castings in my career and now it is all paying off going to them and trying my hardest

and never giving up,” Elyse says.

Her commitment to giving it her all is evident at our summer photo shoot in Melbourne.

Elyse bounds into the house brimming with energy, makes a beeline for the trampoline in the backyard and starts jumping on it. Once she’s in front of the camera, Elyse is magnetic to watch. ➔

PHOTOGRAPHY TINA SMIGIELSKI STYLIST ANITA FITZGERALD HAIR AND MAKE-UP KATE FLETCHER

cover story

➔ It's no surprise then that she's now an ambassador for brands such as Myer, Seafolly and nutrient supplement Vital.

"It's been amazing," Elyse says of the past 12 months. "So many different opportunities have popped up. They're dreams I've had since I was a little girl."

As a youngster, Elyse admits she struggled with schooling and needed academic assistance. She was happier outside the classroom — playing footy with her friends, and water skiing on family holidays to the Murray River.

It was only when Elyse landed a lead role in a school play that she discovered her passion for being in front of the camera and set her sights on a modelling career.

"I travelled over to Hong Kong when I was 15 to model and I had to study over there and I hated study," Elyse recalls.

"So that was a struggle. Then I came back and had to catch up on all the work. But everyone knew that modelling was what I wanted to do. I tried to do both, but we're not all good at everything."

In her book *From Me To You*, which Elyse released late last year, she is open and frank about her struggles as a teenager and finding her feet.

It was important to her that she discuss not just the highs, but also the occasional lows she has experienced, in the book.

"It's me and it is what I've been through and it's my story," Elyse says. "They were my challenges and I got through them, and you learn how to be stronger."

"It's about being real and showing the younger generation it's OK to have struggles, and how to live through them and get above and beyond."

Reaching new heights is certainly what Elyse is doing now.

This year, she hopes to take her career global yet again with modelling work in the US.

"I don't want to be over there for months and months on end, because I love Australia and it's home," she says. "So hopefully I'm fortunate enough to get work so I can go back and forth. That would be ideal."

She'll also be throwing herself into local work projects and undertaking yet another



MAIN: Elyse wears Rollas top, Sass and Bide pants, Tony Bianco shoes, vintage Chanel cuff and Bling Bar earrings
INSET: Mossman dress and Atlas Mae shoes



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renovation with Josh. "I'm excited to renovate again," she says, beaming.

Yet before she plunges headfirst into another jam-packed year, Elyse will relish a break over summer, enjoying being outdoors and spending time with her family.

"Summer is my favourite time of year," she says. "We'll head to the Murray River and camp in the dirt with the boat. It's the holiday that I wait all year for. I just feel the happiest when I'm in sunshine and heat."

She credits her close-knit family

with keeping things real for her.

"My family are very down to earth, and that's exactly what you need in this industry," she says.

Regardless of what else comes her way this year after that laid-back getaway, Elyse will take it in her stride. "I'm just living and being appreciative of everything that comes my way," she says.

"And soaking up every moment with a smile." 

A FEW OF MY FAVOURITE THINGS

DRINK

Macadamia nut chai

HOLIDAY DESTINATION

Murray River

FLOWERS

Tulips

**ELYSE SHARES HER EXERCISE PLAN,
VISIT HOUSEOFWELLNESS.COM.AU**



Elyse wears Pasdunchas top and shorts

In her words

BODY ISSUES AT A YOUNG AGE


“As a young girl and a teenager, your body — not to mention your mood — goes through loads of changes. Let me ask you a question: ‘Did you, or do you ever, doubt yourself or feel negatively about your appearance?’

I did. I used to compare myself to others all the time. I used to spot their perfections and compare them with my imperfections. There were days when I wished for a magic wand to swish around and change myself.

When I hit puberty, my hips grew a lot wider. After that, everything else seemed to get bigger and wider as well. To make matters worse, we all know that when our bodies change quickly, natural stretch marks occur. The keyword here is ‘natural’. Stretch marks are natural and so common.

During the first few months of those big changes, I started to watch everything I put in my mouth in hopes of pausing the growth of my natural frame.

Mum was quick to catch on to my changing attitude and started to reinforce the good old truths about health that we all seem to forget: healthy food and keeping active is all you need to worry about. If you do that with a smile on your face, you’ll be fine. Mum was right. I embrace my body every day and treat it like a temple.

Don’t get me wrong, sometimes we might feel a little down or flat for no other reason than that we’re human. This is completely normal. Keep calm, keep healthy and keep that positive energy flowing. I swear, thinking positively can do wonders.” 



This is an extract from *From Me To You* by Elyse Knowles, published by Murdoch Books (RRP \$29.99).

Cover photography by Emily Abay.