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CELEBRITY ISSUE

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119



Interview  
BUZZ!!!!

*Film Actor*  
**Mira**  
**Tzur**  
ANONYMOUSLY FAMOUS

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FASHION THEMES

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**TO VOL-19**



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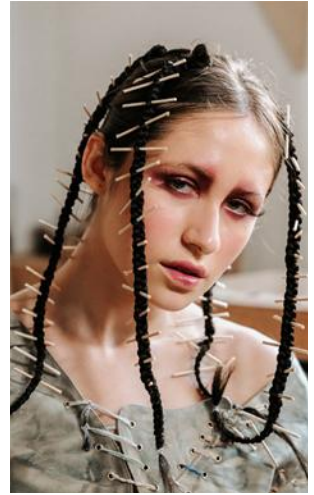
**WELCOME**

# WELCOME



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# TO VOL-119



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Film Actor  
**Mira**  
**Tzur**  
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## ABOUT

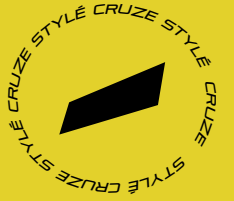
*STYLECRUZE is a fashion & art photography magazine based in USA., which tries to discover deeper into the fashion, modern, style, and art for giving readers who are living in the cumbersome environment of rapid update iterations a completely new and distinctive visual inspiration.*

*STYLECRUZE collaborates with fashion photographers, trendies, artists, and creative professionals globally. No matter where are you, we always try our best to find you. Because you are the talent which could exactly impact the world from art and fashion perspectives. We believe, with the help of our digital strategy as well as the promotion in each issue of our magazine, you will be getting well-known in the future.*

*STYLECRUZE positioning itself in 2 aspects:*

- 1. Generate creative and artistic magazines from the view of globally visual multi-dimension with our professional editors. Thereby assisting photographers, trendies, artists, and creative professionals to promote their works.*
- 2. Generate fashion, fascinating, educative, and creative content on our magazine for guiding our readers to have a unique view of fashion, and art.*

COVER / INSIDE STORY



*Film Actor*  
**Mira  
Tzur**  
ANONYMOUSLY FAMOUS

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*Film Actor*  
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PHOTOGRAPHER: EREZ SABAG @EREZSABAG  
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# Interview

# Buzz

*YOU ARE AN ACTRESS, THEATER & FILM PRODUCER, ENTREPRENEUR, FRENCH COUNTESS, SOCIAL PHILANTHROPIST, FORMER COUNTERINTELLIGENCE OFFICER OF THE ISRAELI ARMY, PUBLISHED AUTHOR, AND A MOTHER. HOW DO YOU FIND A BALANCE?*

**MIRA TZUR:** Well , when you've been living life long enough you know that just like Rome wasn't build in a day, everything that you do or add, needs its proper attention at the beginning and then could become an organic part of you. I've always been drawn to the balancing act and the art of juggling smoothly .Whether it's literally because in my early days, I worked as an acrobat in a circus with magicians or perhaps due to the fact I'm a Gemini which tend to do well in multi tasking. Either way, wearing many hats is my way to stay engaged intrigued and focused .

I believe that in life, opportunities come in different shapes and forms, it's the one that takes more chances, that gets to experience life to its fullest capacity. Perhaps best said by Winston Churchill, "to improve is to change, to be perfect is to change often" however, it doesn't mean you need to drop the latest, you just need to be better at juggling more hats at once.

*TELL US ABOUT YOUR CONSULTING BUSINESS ONE CIRCLE PRODUCTION?*

**MIRA TZUR:** One Circle Productions was founded by me in 2011 when I finished my studies at Atlantic Theater Acting school. The original goal was to mount B'way/ Off-Bway and film productions content from its original seed to its commercial box office , bringing stories worth telling to the forefront .Utilizing my passion and studies not just as an artistic director but as an executive producer supporting its obvious physical need to exist. However the past few years with my expedient growth of network and international contacts, I extended One Circle Productions activities and we opened a division for consulting and management, where as management, we help artists reach their next level finding the right agent branding content &booking engagements .And as consulting group , we use our built in relationship between start up companies and potential investors.

*WHAT INSPIRED YOUR BEAUTY AND NUTRITIONAL SUPER-FOODS BRANDS?*

**MIRA TZUR:** I have always lived a pretty healthy lifestyle being a certified nutritionist by CNHP and The institute of integrative nutrition , I care to nourish my body as well as my mind with clean fuel for maximum performance .

I always wanted to have a brand that will include a high level nutrients in a superfood component so I can rely on it, to be my ultimate source of supplements, same goes to knowing what's entering my skin .... Our brand is EWG certified (environmental working group) which means it is verified and highly ranked for its product safety ,using non toxic all natural skin care products saves not only our skin but the environment as well- avoiding chemicals going into our skin ,bloodstream and then even the drainage and our water .

Let's just say that finding out that Congress has not passed any law to regulate the skincare market since 1938 was a shocking factor to me ,that's 80 y ago, joining forces I figured we should pay more attention to its labels ,since it only takes 26 seconds for these toxins to sink into our skin and absorb into our bodies .

*WHAT WAS YOUR MOTIVATION TO BECOME A FITNESS, HEALTH, AND BEAUTY WOMAN IN BUSINESS?*

**MIRA TZUR:** I, well, with my background and past careers I don't really know another way of living ...our bodies are by default the vehicles for our traveling souls ,if it gets damaged old or broken , we won't be able to explore life in its fullest potential ,as I know I'd like to have it .Staying healthy, vibrant and easy on the eye, is something I try to take seriously. My belief is - "you don't have to get ready if you stay ready "Such doesn't mean that there aren't ups and downs and life interruptions with keeping an ongoing healthy routine, but when you feel a bit off track ,know it's temporary and make sure to bounce right back adjusting the needed component .

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**WHAT HAVE BEEN THE BIGGEST DIFFICULTIES AS A WOMAN YOU ENCOUNTERED IN THIS JOB?**

**MIRA TZUR:** It's a double edge sword -being your own boss and being your own boss. Such means you are mainly the product, so if you take off the business takes off with you. On one hand, you need to keep maintaining a satisfactory level of beauty, fitness and healthy lifestyle, On the other hand, when you are the entrepreneur carrying the business on your back, the hours invested in marketing branding and research etc can be very draining and discouraging in comparison to other businesses that do not have the same 24/7 style of existence.

**THERE WILL BE THOSE WHO THINK THAT YOU ARE VERY LUCKY, SO TELL US ALSO ABOUT THE DIFFICULT TIMES YOU HAVE LIVED UNTIL YOU GET HERE.**

**MIRA TZUR:** They say never judge a person till you wore their shoes or walk their path, even in good judgement our past forms our future which is lived by our present, moment by moment. So yes, luck is subjective, my first reaction to this question is saying, I'm not lucky because I work hard and by focusing on my craft, business development and ongoing goals -my practice made its mark... but with that in mind, I lost lots of other wonderful things in life that I turned my back to. My second reaction is saying indeed I am lucky, cause I have the freedom to choose my path without the need to justify or get anyone's approval. Freedom to choose equivalent with luck to me

**YOU NEVER THOUGHT ABOUT ABANDONING IT?**

**MIRATZUR:** Let me define what is "it" or what is there to abandon. Healthy lifestyle that includes fitness, good nutrition, being a founding ambassador and advocate to Live Ultimate skin care and super food is already an integral part of my life, abandoning it will bring unhealthy habits so no...I must stick to what's working. However, time does tend to get shorter as I branch into other entrepreneurial pursuits.

**SPEAKING OF PLANNING AND FITNESS ROUTINES, THERE IS WIDESPREAD UNCERTAINTY ABOUT WHETHER CARDIOVASCULAR EXERCISES SHOULD BE DONE BEFORE, OR AFTER TRAINING ITSELF. HOW SHOULD THE PHASES OF A GOOD EXERCISE SESSION BE? IF WE ALWAYS GO FOR THE SAME EXERCISES, CAN THE MUSCLES GET USED TO AND STOP PROGRESSING?**

**MIRA TZUR:** Certainly, variety is key for longevity while keeping the core exercise on auto pilot. Meaning in order to achieve results repetition is always needed, but when looking at a well trained body you can tell what sport or exercise one does by the shape of their muscles. I personally have always been a big fan of fitness classes since I need external stimulation for my overall motivation, however these days there are many ways to try different one on one techniques. As far as doing cardio vascular before weight training or after, the answer is, both options have different benefits.

Most Fitness experts will preach for doing cardio after the weight training in order to burn more fat and get the shredded look we all love. The idea is that your body needs to use the stored glycogen first, then digging into the stored fat as fuel for exercise. If you decide to do cardio first, though you'll elevate your heart rate and internal temperature for maximum metabolism and energy level, But you might face getting tired before you start your most strenuous activity which you would save your energy source for so again each is their own but I like to shuffle based on my energy level that day.

**HOW FAR WOULD YOU BE WILLING TO GO TO ACHIEVE YOUR PROFESSIONAL GOALS?**

**MIRA TZUR:** I'd go as far as I feel needed but I sure wouldn't compromise my core values or dignity to gain something I'll regret or think about later. I overthink things, perhaps that's the curse and the blessing I have as a proud strong Israeli. Doing things my way has always been linked with a price tag, supporting my own dreams, hasn't been easy as a single woman, but it sure has been the most rewarding attribute I manage to succeed.

**WHAT HAVE YOU LEARNED FROM YOUR PREVIOUS SUCCESS IN MODELING AND DANCING? HOW DID YOU START YOUR DANCING CAREER?**

**MIRA TZUR:** I started dancing when I was 8 years old back in Israel, by the age of 14, I was accepted to the top rated school of the arts in Israel Telma Yalin e.g. Julliard. We were the first grade to get approval for a professional degree in dance in the country that year, a summer prayer I'd never forget. By the end of my four years with an AICF dance scholarship and letters from BatSheva Dance company I joined the military... upon completion I arrived to NYC to pursue my musical theater career and stage work...I had great years of successful shows I was honored to be part of but the lucky part was the talent I had to recognize changes and embrace them as they come...as a dancer & fitness pro there were often shifts and adjustments I needed to make, not always by choice but with multiple injuries, location, association and the need to make ends meet... Modeling came to my life in the most organic and sneaky way. First I was only a fitness model (not a real model as stated in my book :-)) signed by Everlast and Converse as my first modeling contract. Then with the birth of my son, I entered a mommy and me faze OK I admit I was now called a lifestyle model. But then as he got older and tech companies showed interest in my ethnically ambiguous face and image branding. I was advancing to do commercial modeling... I still couldn't identify myself as a model, never felt pretty enough, tall enough or aloof enough to call myself that but little did I know that did not define me, I defined that and it was the seed of the book I wrote years later about the business.

*WHAT IS YOUR BOOK ABOUT AND WHY DID YOU WRITE IT?  
WHERE CAN WE PURCHASE YOUR BOOK?*

**MIRA TZUR:** The book is currently selling on Amazon hard copy and the kindle version/Barns & Noble on line etc...I wrote the book with my constant wish to inspire and share what I know & experienced about a business that has been there for me for over 25 years ...I look at life as a short experimental journey and when we know things others seek to learn , our duty is to share and pass the torch ,so their starting point is ahead after our encounter and the discoveries are greater.

I coached many young teens, mid aged moms and baby boomers to get into this space without fear or preconceived opinion that they won't fit. By including interviews from some of my industry professional peers as well as adding barcodes to demonstrate real time work options and database examples , I believe this book is condensing all that one needs to know to be the talent one wants to be known as . Furthermore, this book talks to the 99 percent population vs the 1 percent genetic freak of nature so it gives enough tools and background to understand that a model = an example (which is in the dictionary) - can be flaunted at any given age.

*YOU'RE AN ACTRESS AND PRODUCER, WHAT MOVIES HAVE YOU BEEN IN AND PRODUCED?*

**MIRA TZUR:** Since I started my career as a dancer , my first movie breaks were on the dance scenes of Carlito's Way and Scent of a Women but those aren't even mentioned much in my credit history as they were just a practice before I got into my serious acting studies at Lee Strasberg and Atlantic school. Much later, I had the pleasure to work as a guest star on different TV shows like, NBC's 30 Rock, Fox's Fringe, FX's Rescue Me, How to Make it in America , Oxygen's Body of Work & Bravo UTTK. as well as films like The Stepford Wives, The Devil Wears Prada, The Pink Panther, The Last Dance, Junk, My Father My Don, and Hardly Waiting . As far as One Circle Productions Projects , since 2011 we focused on theater work with off Broadway productions like Standard Times, Women's Minyan , The Olive Tree , Love Lies , and documentary films like Red light Children , Bali children Projects , Holy the feature and Hardly Waiting comedy....but I'm looking forward to get more Israeli based projects this year and use my bilingual skills .

MIRA

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*TO ALMOST FINISH THE INTERVIEW, BEING SO YOUNG, WHAT GOALS WOULD YOU LIKE TO ACHIEVE?*

**MIRA TZUR:** Thank's for noticing that I'm at the beginning stage of the rest of my life practice makes perfect and I'm very much looking forward to do more acting /producing jobs in the years to come ...especially bringing more Israeli projects to the American market.

*WHAT ADVICE WOULD YOU GIVE TO WOMEN ENTREPRENEURS, WHO WANT TO BECOME BUSINESSWOMEN?*

**MIRA TZUR:** The best advice is to realize that what you tell yourself you become .Thus your thoughts and beliefs influence your actions, so visualize, prepare and execute.  
also that a goal is a dream with a deadline .  
However, at times and especially at the beginning of every planted seed , you will probably still need to juggle between what you need to do ,and what you want to do and that's totally fine , cause slowly when you feel stronger with the want to do list , you'll be able to let go of the need to do list and be home free, cause at the end -doing what you like never feels like work.

“THE BEST ADVICE  
IS TO REALIZE THAT  
WHAT YOU TELL  
YOURSELF YOU  
BECOME”

PHOTO: JEFFREY MAYER

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INSIDE >>

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