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I feel confident with myself, and if that inspires other women to feel confident with their bodies, great.

~Kate Upton

To me, what's sexy is when you look like you're having a good time. That, and when you look effortless and have messy hair.

~Kate Upton

I think it's very hard to find a good friend. That's why I'm so lucky to have two sisters, because they're my best friends, and they have to be with me forever. They're stuck with me.

~Kate Upton

I can never find the right bras.

~Kate Upton

I love my curves. You know, I'm healthy and I think thats what Sports Illustrated represents: healthy, confident women who love their bodies. ~Kate Upton

I'm pretty competitive. I talk a big game - even when I'm going to lose.

~Kate Upton

You find your strengths and play them up.

~Kate Upton

I grew up in Florida riding horses, so for the majority of my life I was either in boots and jeans or a bathing suit.

~Kate Upton

I know I said sometimes I wear clothes but apparently I lied...I'm only packing swimsuits.

Anywhere in life, for girls there's pressure to keep your weight and to keep yourself feeling and looking good.

~Kate Upton

I'm actually an equestrian, and I showed in the American Paint Horse Association and competed for top 20 in the nation.

~Kate Upton

My dream was always to be on the cover of 'Sports Illustrated.'

~Kate Upton

I love my body. It's what God gave me!

~Kate Upton

I would love to have my own lingerie line.

~Kate Upton

I think twerking is overrated.

~Kate Upton

I want to enjoy life and I can't if I'm not eating and miserable...

~Kate Upton

I think that glamour is about confidence. I think however somebody feels beautiful, that's glamour.

~Kate Upton

You have to think hard with a tattoo. 'What will I love for the rest of my life?'

~Kate Upton

I understand why my male followers like me.

I'm a horseback rider. I know how to use a whip.

~Kate Upton

I always had career goals. And I figured out a path I wanted to take to accomplish those goals. If that meant calling the best modeling agency in the world, that's what it meant.

~Kate Upton

I like to laugh. I like to have a good time. I don't like to be so serious about things, so I would want a guy who would want to laugh and have a good time, too.

~Kate Upton

I just think that pick-up lines in general are horrible. None of them work.

~Kate Upton

I never deprive myself. If I'm craving something once a week, then III go have it Ice cream or whatever, I just eat the foods I like.

~Kate Upton

If I can help and influence girls who are going through body-image issues then I think that's amazing.

~Kate Upton

So if I get pegged as a bikini girl, that's fine, and that can still translate into acting or other areas. But, no, I don't wanna be doing bikini shoots my whole life.

~Kate Upton

I think that the people who are the loudest about wanting to change you are the people with the least amount of vision and creativity.

I don't ever want to be a person that I'm not. A lot of girls fall into the trap where they are trying to impress other people, and that's the time when they lose themselves.

~Kate Upton

I could go anywhere, but I always like to have a bit of a feminine touch to everything I do.

~Kate Upton

I'm hoping they slow down a little bit with technology, because I'm just trying to keep up.

~Kate Upton

I've always loved fashion, but it's not what I set out to do.

~Kate Upton

I just want to get married in a bathing suit... Deal with it.

~Kate Upton

It definitely happens more often than you would think when someone comes up and you're like: "He's really attractive and seems really nice," and it just doesn't work if he smells bad.

~Kate Upton

I hate exercising self-control.

~Kate Upton

I have a paralyzing fear of snakes.

~Kate Upton

I have to give credit to my trainer. He definitely kept me motivated in staying in shape... I've always been naturally curvy, but of course I had to get used to being in the public eye.

I have to say, the other day I was reading some negative comments, and I was thinking they were really funny. So I guess they don't anymore.

~Kate Upton

I think the fame aspect, there was definitely a period when I had to get used to it. My family had to get used to it, too. It's exciting.

~Kate Upton

I like my bikinis very small, and I also like, uh, nude-colored bikinis because people double-take - they think I'm naked on the beach.

~Kate Upton

So, I have my own horse and two ponies. I grew up around horses, and that really is my passion.

~Kate Upton

Pickup lines never work...I think someone clever, witty and funny is very attractive.

~Kate Upton

Normally, when you go to a beach, everybody is wearing bikinis, but on a film, you're the only one. There's like 60 people staring at you. They're doing their jobs, but they're still staring at you.

~Kate Upton

I want to be able to sing well, but I have the worst voice in the world.

~Kate Upton

My mom played every sport possible. My dad is 'extremely' competitive. You can't even play Ping-Pong with him.

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