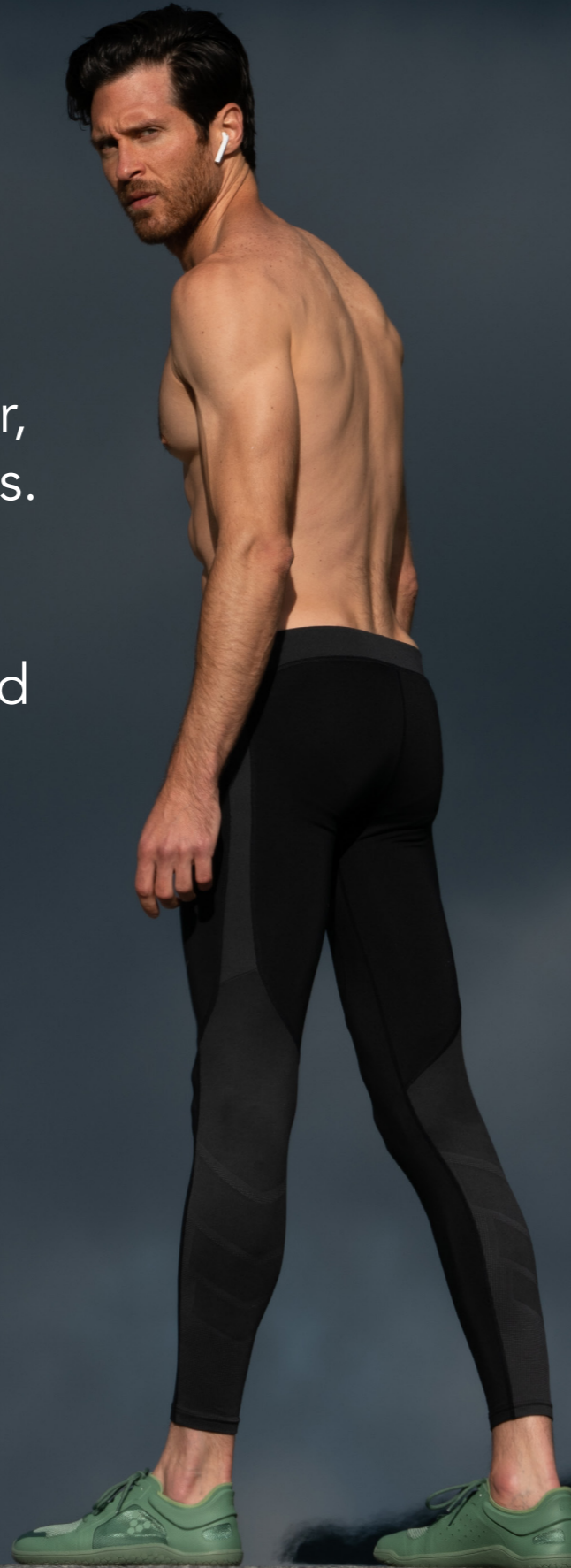




Philip Anthony Mangan

MODEL & VEGAN ACTIVIST



It is my passion to help people lead happier, healthier, and more purpose driven lives. I want to use my modeling platform to specifically help create more awareness around mental health issues and how they not only affect the overall health of our lives, but the health of the planet as well.

health & wellness coach

After examining how he made some of the major changes to his own life (becoming health conscious, going vegan, and transforming into an environmental activist) Philip was struck with the realization that it all started with opening his mind in a different way in order to gain an emotional connection to the change.

This then lead him to create a health & wellness platform called [My Fittest Hour](#) which helps empower others to break through personal barriers by helping them emotionally connect to the change they desire.



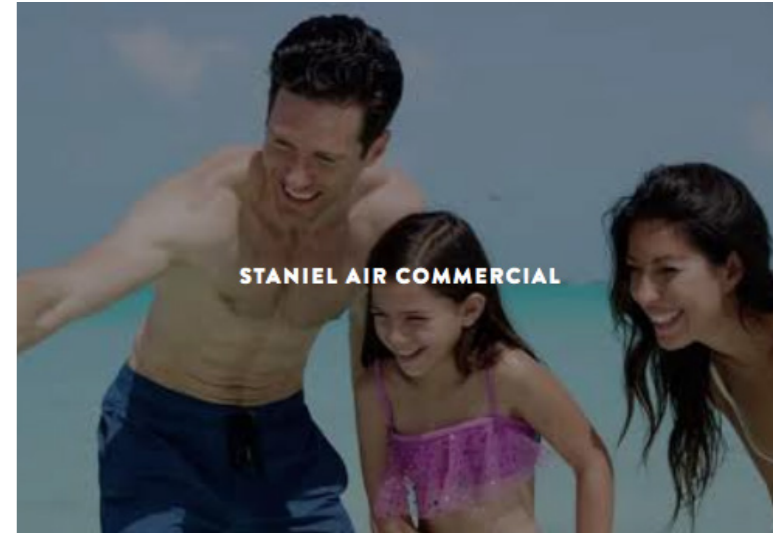
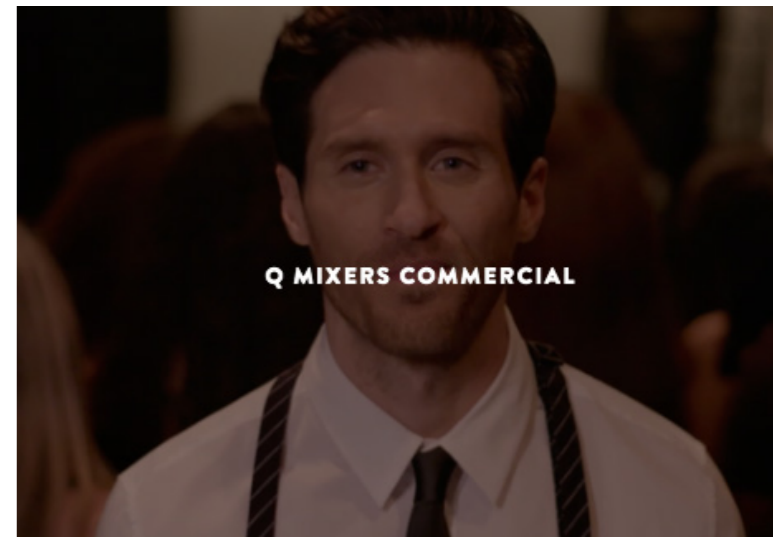
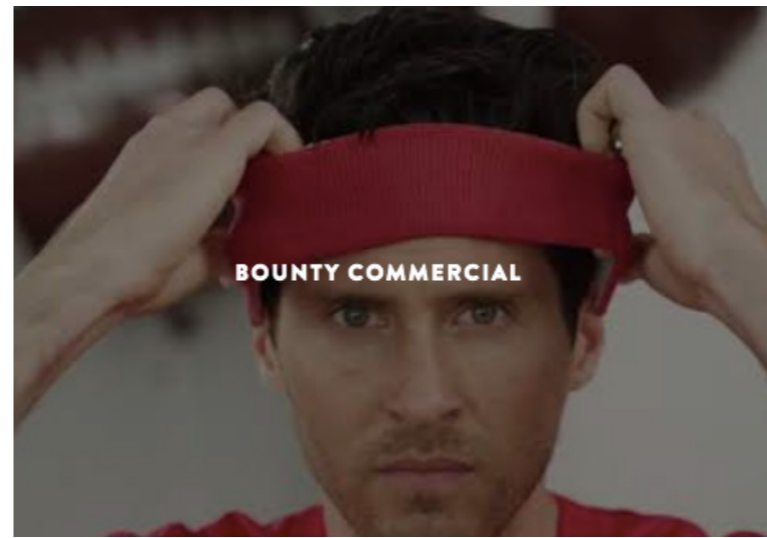
Philip is a Certified Personal Trainer and Fitness Nutrition Specialist by the National Academy of Sports Medicine.



myfittesthour.com

model

[click here for portfolio](#)



commercial actor

[click here for commercial reel](#)

tv appearance: today show



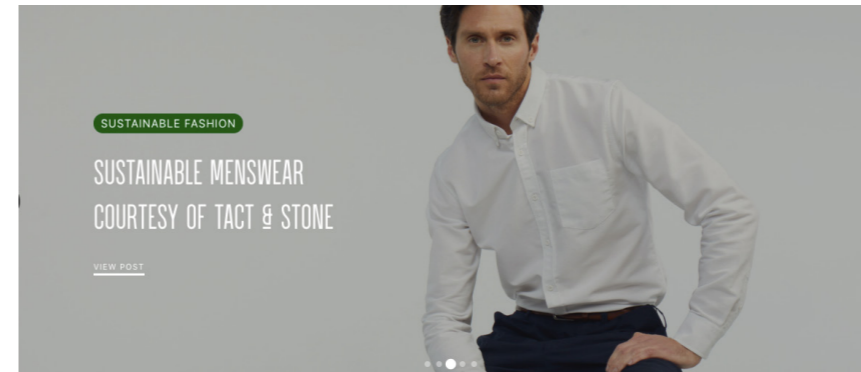
influencer



Philip passionately uses his platform as an influencer [“The Vegan Model”](#) to help bring awareness to plant-based foods & products, as well as how to live a more compassionate and eco-friendly lifestyle.

“It’s cool to care!
#compassionisthenewsexy”

[@the_veganmodel](#)



ALL THAT SUSTAINS

On his sustainable living blog [All That Sustains](#), Philip covers topics like men’s sustainable fashion, eco-friendly travel, and educates on how to make simple vegan food / DIY daily care product recipes.

[allthatsustains.com](#)

blogger

[click here for youtube channel](#)

featured in VEGWORLD Magazine

INTERVIEW WITH A TOP VEGAN MODEL PHILIP ANTHONY MANGAN

by Tess Chavez

When did you become vegan, and why?

I became vegan in June of 2017 after watching a documentary called *What the Health*. Nutrition had always been a big interest of mine for as long as I could remember, so when I learned about the harmful effects that animal food products have on our health, I felt as if I'd been lied to my whole life. The following day I jumped right into a vegan diet and haven't looked back.

How has becoming vegan changed your life, both personally and professionally?

The best way I can put it is that becoming vegan made me an overall more mindful person, especially about many things that I previously overlooked such as animal welfare and the many environmental issues our planet is facing. It changed the way I shop for clothes, food, and products, as well as the way I look at waste. All of that then carried over to my professional life by my wanting to put more of a purpose behind what I was doing in the modeling industry, which is why I created the vegan model platform to teach others what I've learned.

Do you find that there are any stigmas associated with vegan men? If so, what are they?

Yes, but I feel they're slowly dying as veganism continues to grow, especially with more and more male athletes/role models promoting it. Some stigmas still exist, though, with vegan men being looked at as weak or feminine, but that's why I try to be as open as possible with my own personal journey in hopes of breaking that type of thinking.

Do you find shopping for vegan clothes difficult or easy? How and why?

Yes and no. I think there are a lot of vegan clothing options available, especially much more in the past year, but just not "sustainably made" vegan clothes. A lot of the options out right now are made of plastic materials and dyed with harmful chemicals, which is great because they're cruelty free, but still bad for the planet. Also, a lot of these options aren't always the most fashionable or form-fitting so that makes vegan clothing a bit more of a challenge to find.

Do you have any vegan-fashion staple pieces that are a must in your closet? If so, what are they, and who are they by, or where are they from?

My boots from Brave GentleMan, an upcycled chambray shirt from Tact & Stone, and a minimalist bag from TokyoBags are the three things I pretty much wear all of the time, but I have my eyes on a pineapple leather jacket from Altir right now.

Are there any great vegan products that you use and would highly recommend for other vegan men?

I honestly make a lot of my own products so I can control the ingredients, but there are some great vegan/waste-free options out there from PLAINE Products, The Mailroom Barber Co, and The Best Deodorant in the World.

Do you have any vegan passion projects?

Right now I've been mainly focused on my website [allthatsustains.com](#), where I offer plant-based nutritional coaching and information on vegan fashion, food, and products.



IF SOMETHING DOESN'T ALIGN WITH MY VALUES, THEN I WON'T DO IT.

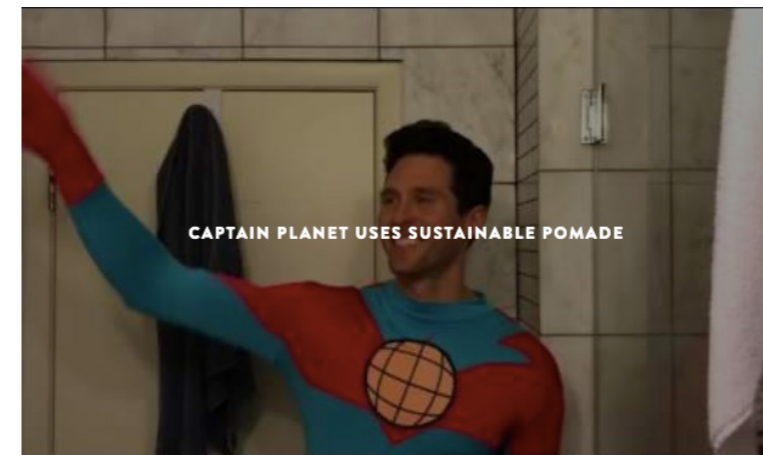


What do you think others would find interesting about being a vegan male model in the fashion industry that they might not otherwise know?

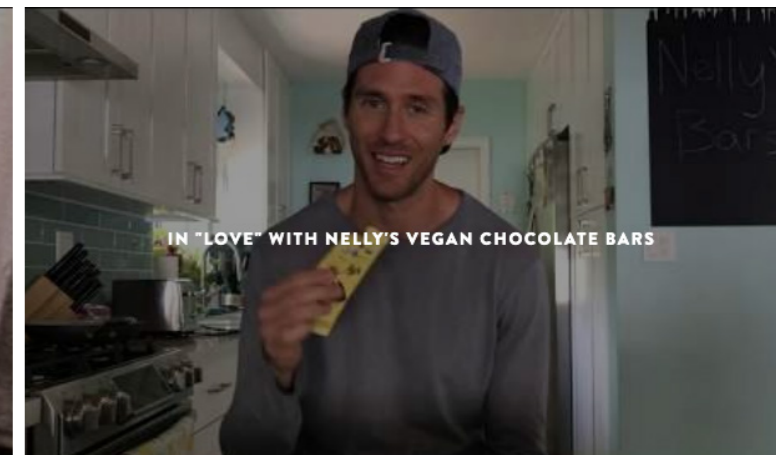
Being a male model in the fashion industry is tough by itself, but when you start looking at how many brands aren't producing vegan clothing, then it becomes a lot tougher. Basically, if something doesn't align with my values, then I won't do it, which can be tough at times, to pass up a paycheck, but to me it's much more fulfilling to work with a brand that's focused on doing what's best for animals and our planet.

What kinds of changes would you like to see in the fashion industry?

I'd like to see the use of more plant-based materials for the creation of our clothing. With the amount of clothing that ends up in landfills every year, we need to start thinking not just with cruelty-free in mind, but with the planet as well. I'd also like to see more brands focusing less on the quantity of items they produce every year and more on the quality of those items and the fair treatment of the workers who create them.



CAPTAIN PLANET USES SUSTAINABLE POMADE



IN "LOVE" WITH NELLY'S VEGAN CHOCOLATE BARS



SMELLING MY BEST WITH WILD DONKEYS IN ARGENTINA



RAPPING FOR PLANT BASED WRAPS

activist

Activism doesn't stop online with Philip actively supporting work for organizations like Peta, Compassion is Beautiful, Fridays For Future, 100 for all, and Lonely Whale.



director of sustainable culture

[Our Children's Earth Foundation](https://www.ourchildrensearth.org/)



"Philip Anthony Mangan is a communicator and ambassador of personal and planetary health. Philip's outreach is closely aligned with [Our Children's Earth's](https://www.ourchildrensearth.org/) organizational mission which includes public education as a core priority. Although many of the topics Philip grapples with are extremely complicated and often frustrating, he maintains an optimistic outlook and ebullient nature. In this way, he encourages transformative change at all levels—from personal to global."

WORK WITH PHILIP



[Click to listen to Philip's podcast interview on his vegan journey](#)

Philip is a vegan model, actor, influencer, and certified personal trainer in NYC.

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Model/actor
philipanthonymangan@gmail.com
