



The Keller File

- Denise Lorraine Keller was born on March 24, 1982, and has been modelling for the past 16 years!
- Born and raised in Singapore, the German-Singaporean Chinese even attended a Chinese kindergarten when she was a kid before attending the German International School here.
- She has an elder sister, Nadine, whom she's very close to.
- The cat lover also has two cats called Anouk and Ayala.
- Three years ago, she took a two-month sabbatical to study theatre at the Lee Strasberg Theater Institute in New York.
- One of Denise's most high-profile gigs was as the face of Mastercard at the Singapore Fashion Festival in 2007 and 2008.

“ I ALSO MAKE SURE I GET FACIALS AT THE SLOANE CLINIC ONCE A MONTH. ”



Denise Keller

After seven years, Denise Keller remains the most recognisable face of MTV Asia. But despite her many illustrious achievements, she tells us that she most wants to be remembered for being an “awesome mother”. By Serene Lim and Elise Shen

Q You've been an MTV VJ for seven years! Does it ever get boring?

Has it been that long? MTV has opened many doors for me to explore new and exciting territories, and challenge myself — I still get a kick out of being an MTV VJ every day. There are many facets to the job people don't see, especially when we go across cultures to work. Everything has a shelf life but I believe a positive attitude gives you enough fuel for a job. Many things keep me motivated: a good book, travel and culture, shoes! And I have my family to hold down the fort for me.

Q In an industry that prizes fresh faces, how do you cope with the competitive nature of this business?

I work quite a bit in the region and don't really notice these things. I like to work hard, play hard and have my Kit Kat breaks. But I'm always up for a good round of thumb wrestling. Is that the kind of competition you're talking about?

Q Not quite, but seriously, are you worried about ageing in front of the camera?

Isn't anyone? How many times have we said, “OMG, I'm looking older in that photo!”? Ageing is a natural process in life. I've come to terms with that. I make sure I take care of my skin every day, maintain a healthy diet and work hard on the inner stuff with yoga, relaxation and meditation.

I also make sure I get facials at The Sloane Clinic once a month.

Q After so many years on the job, what're the best and worst things that've happened to you?

The best part is getting to travel everywhere. Dressing up like a peacock for red carpets and learning a new language count too. The worst things are jetlag, early wake-up calls ... missing out on family and friends' birthdays sometimes. What's worse is, I forget them! Everybody has highs and lows. Even my cats! It's human to go through cycles but regrets are not good to have. I don't have any. I like falling flat on my face and learning what made me trip.

Q You look like the gung-ho type. What's the most bad-ass thing you've done?

Extreme sports! Once, I kayaked into a bat cave, climbed spiky, slippery rocks and rolled in bat poo before abseiling out into the ocean. I felt like Sylvester Stallone. All I needed was a chopper scene.

Q What's the one thing you want to be remembered for?

Being an awesome mother.

Q So why are you still single? You have everything going for you.

Being single is awesome. You get to find out who you really are, what you want to

do in life and explore your options by realising your dreams and goals. But having somebody in your life is fantastic too, because you learn more about yourself through that person. Giggling with a partner is good for the soul. I still want to do a lot of things in life and I hope one day I'll nestle in a cove with someone special.

Q How do you feel about being the voice of CLEO's TVC and what issues would you like to promote with your voice?

I had a great time voicing CLEO's TVCs. They're fresh, fun and personal. It was like having a little gal-session in the recording booth! Right now, I'm working with some cool folks to get the ASEAN division of The Climate Project going, in order to generate a deeper community awareness of the climate crisis.

Q Besides hosting and modelling, what are some of the other plans you have at moment?

I'm quite content with what I'm doing now. Apart from being an MTV VJ and hosting a new travel show on Malaysia, I'm also the Longines ambassador in Southeast Asia. My calendar is filled! Other life plans would include buying a little property in Singapore and doing something insane, like a triathlon or biathlon. It's insane for me because I'm a terrible cyclist! ☹