

Mary (Betsi) Strain

Wedowee, AL | 770-862-0016 | Betsistrain@gmail.com

Instagram: @betsistrain

Objective

Authentic and approachable lifestyle model and background actor with a warm, relatable presence. Ideal for commercial campaigns, mom-focused content, and film/TV background work. Passionate about representing real life with natural energy, professionalism, and versatility across family, wellness, and everyday scenes.

Experience

- Background Extra – Independent & Local Productions

2023 – Present

- Participated in crowd scenes, restaurant sequences, and family-friendly environments.
- Took direction well on fast-paced sets with multiple takes and camera setups.
- Maintained continuity across takes and stayed focused during long filming days.

- Social Media Content Creator – @betsi256 (TikTok)

Instagram (2022 – Present)

- Produce engaging content with a focus on motherhood, wellness, and family life.
- Collaborate with boutique brands and small businesses to represent products in a natural setting.
- Utilize reels and lifestyle photos to drive visibility and engagement.

Skills

- Commercial and family-focused modeling
- On-set professionalism & punctuality
- Takes direction well
- Social media content creation
- Comfortable working with children and crowds on set
- Self-styling, light makeup & wardrobe coordination
- Consistent look & wardrobe continuity
- Familiar with on-camera blocking and positioning

Physical Stats

Height: 5'7

Hair: Ash brown with blonde highlights

Eyes: Blue

Dress Size: 4

Shoe Size: 8.5

Availability

Available for commercial campaigns, family shoots, background roles, brand partnerships, and regional travel. Open to day shoots and short-notice bookings. Valid ID and dependable transportation.