

Looking good,
feeling good



It goes without saying that everybody wants to keep fit, in other words, to look good and to feel good. What are the reasons for it?

- ❖ First of all you should be in good shape to cope with all kinds of stressful situations in our hectic world if you want to make a career and be successful.
- ❖ Besides researches say that well-presented people get the best out of life because they provoke (cause) innate respect in others.



What is it to feel good?



❖ The main thing is to **be healthy**. For if you are ill, you can't think of anything else, you don't need anything.

❖ **be full of energy**

❖ **be in a good mood**

❖ **be satisfied with your looks**





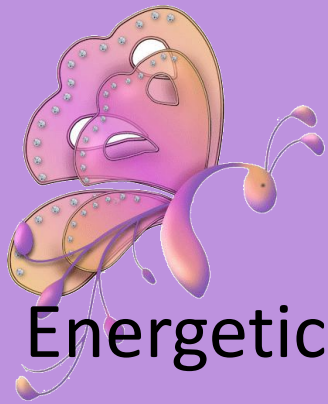
How to achieve this feeling?

(In order to be... you should...)

❖ healthy

- ✓ have/get enough sleep; sleep enough; get a good night's rest; not cut down on one's sleep; not burn the candle at both sides
- ✓ stick to a diet; have a balanced diet; eat low fat food; drink not less than 2 liters a day; not overeat; not eat too many sweet things eat ...in moderation; lose weight if you need to
- ✓ take a deep breath to get more oxygen into your lungs (preferably in the fresh air)





How to achieve this feeling?

(In order to be... you should...)

❖ Energetic

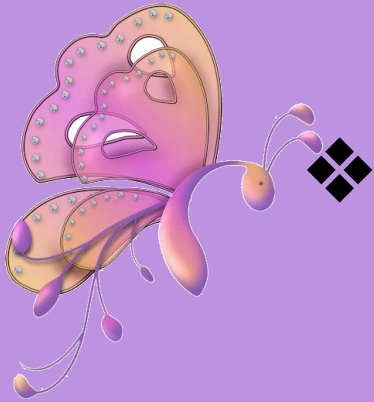
- ✓ raise energy; keep active; do exercises / get some exercise; find excuses for mini-exercise opportunities wherever you can; work out (in a gym); go in for sports
- ✓ go for a pleasant stroll; have a brisk walk

❖ In a good mood

- ✓ be a success; be successful
- ✓ enjoy what you do and do what you enjoy
- ✓ laugh more (laughter has a similar effect to physical exercise, makes our facial and stomach muscles work and stimulate the immune system)

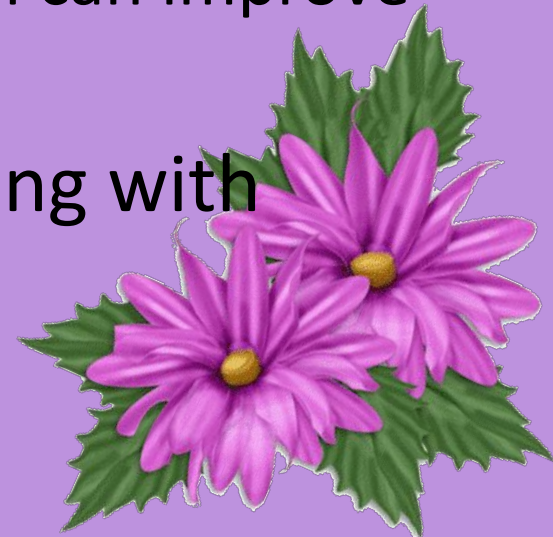


If you feel tired, tight, upset, talk to someone to get it off your chest!



What is it to look good?

- ❖ appearance (look after yourself; not age one's skin; do one's ... the world of good; keep fit; be in good shape; learn how to apply make-up properly; have one's hair cut/done properly)
- ❖ clothes (be sensible about what suits you; be comfortable but stylish; not depend on fashion too much; wear clothes which can improve one's looks)
- ❖ your way of communicating with people



You should also be able to...



- ❖ reduce stress
- ❖ rest
- ❖ weather stressful periods well
- ❖ recharge
- ❖ prevent stress building up in the future
- ❖ build longer-term preventative measures into one's life
- ❖ protect oneself from too much stress

