



# *Five Tips to Help You Feel More Beautiful in Your Own Skin*

We have five tips to help you feel more beautiful in your own skin. We realize that your current reality is a direct result of the choices you made in the past. If you want to create an improved reality; you have to make some improvements in your choices.

**We are all about helping you make better choices!**



**Body Workz Wellness**

304-292-6465

[www.bodyworkzwellness.com](http://www.bodyworkzwellness.com)

## Five Tips to Help You Feel More Beautiful in Your Own Skin

one

**Drink plenty of water.** Your body is made up of 60% water. For your body to function properly, water is essential. Water is necessary for our body to transport nutrients and oxygen, remove waste products and carry out daily body functions. Your skin is an organ made up of cells. Without water organs will not function normally. Lack of proper hydration can result in your skin becoming dry and flaky which can make your skin less resilient and more prone to wrinkles. Signs that you may not be getting enough water include dry mouth or lips and urine output decreased. Also keep in mind that your urine should be colorless or slightly yellow. Darker urine is usually a sign that you're not getting enough water.



two

**Get enough sleep.** Everyone knows that sleep makes you feel better, but its benefit goes way beyond just boosting your mood or preventing under-eye circles. Quantity and quality of the sleep you get plays a key role in a healthy lifestyle. Adequate sleep can benefit your mind, heart, adrenal glands (stress glands), weight and more. Research has shown people who are well rested lose more fat than people who are sleep deprived. Furthermore, the same area of your brain controls both sleep and metabolism. When you feel tired from not getting adequate sleep it can cause a rise in specific hormones in your blood which are the same hormones that drive your appetite. . Also, lack of sleep causes premature aging, and you wouldn't want that.

three

**Commit to exercising.** Making exercise part of your daily routine can increase your life span, improve your bone density, lower your chances of disease and help with proper weight management or weight loss. Lisa Bennett, our Certified Personal Trainer and Wellness Liaison always tells clients that some is better than none. Life is motion. You don't have to join a big gym or sign-up for the latest trendy class. Although there can be benefit in doing these activities the bottom line is get out and move. Not just a few times a week, but every day. Climb the stairs instead of taking the elevator. Park your vehicle further away from the building entrance so you have to walk a greater distance. Visit the playground with your children. Go for a walk with your significant other. Surround yourself with people that make exercise part of their daily routine.



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four

**Improve your posture.** When we speak about great health, posture ranks among the top of the list. You won't be at the top of your game without good posture. Good posture is one of the best kept secrets in the current fitness realm and yet many fitness enthusiasts often overlook the importance of good posture. Good posture means your spine, ligaments, muscle and joints are in proper alignment and can function at their greatest efficiency. Proper function of the nerve system, the master system of the body is dependent upon good posture. You can avoid the problems caused by bad posture and make improvements at any age. A visit to your Doctor of Chiropractic periodically for a postural evaluation is a great proactive step in improving and maintaining your posture.

five

**Know your super foods.** An important part of your well-being is consuming fruits and vegetables on a daily basis. Unfortunately, most people don't get a daily ample serving of these super foods. A plant based diet simply means eat lots of plant foods – more fruits, vegetables, lentils, seeds, nuts and beans to name a few. Research has shown that avoiding processed food can add years to your life and life to your years. A plant based diet along with lifestyle changes have been shown to reverse and prevent heart disease, decrease hypertension and decrease the risk of both atherosclerosis and diabetes. A plant-based diet is crucial in neutralizing free radicals that can cause chronic disease and premature aging because it is high in antioxidants. Nutrient rich plant foods are loaded with natural occurring vitamin complexes, water and chlorophyll which are all wonderful for your skin. When choosing your super foods think of beets, cruciferous vegetables, dark green leafy vegetables, asparagus and avocados. You are what you eat so if you want to be super; eat super foods.



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**We hope these tips will help you feel more beautiful in your own skin.**



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