

## Look Good Feel Better - How To Feel The Best You Can

How we look on the outside very often reflects how we feel on the inside, if we know we look good on the outside and are getting praise and compliments this automatically gives us a boost and makes us feel good on the inside. Ways to looking better on the outside and ultimately feeling better on the inside include dieting, eating a well balanced diet, exercising, and taking general care of your body and also taking care of your mental health. Staying active Keeping active by exercising not only helps you to lose those few extra pounds but also tones your muscles leaving you looking better but also feeling healthier by helping to ward off diseases. There are many forms of exercise and it doesn't have to be expensive, you can buy cheap basic gym equipment to use in your own home or even take up a form of great exercise which doesn't cost a penny, walking. In order to maintain the peak of health you should aim to exercise for at least 30 minutes per day every day of the week while maintaining a healthy balanced diet. Eating right A well balanced diet consists of eating at the right times without snacking in-between and eating plenty of fresh fruit and veg, which are rich in vitamins and minerals. If you are trying to lose a few pounds then it is essential that you don't eat more calories per day than you are burning off and cutting down on foods rich in salt, fats and carbohydrates is essential to maintaining a healthy body. A well balanced diet is considered to be one that includes bread, cereals, fish, lean meat, chicken, potatoes, and dairy products, this along with exercise not only makes you look better but can help to counteract the onset of many health related problems. Taking general care of your body includes numerous small things which go towards making you look good, for example having a make over by way of changing your old hairstyle, getting it cut and dyed can make a huge difference to how you feel and give you a much needed boost. Paying a visit to a manicurist or pedicurist will give your hands and nails a treat, having your teeth whitened at the dentist can give you good reason to smile more. It's all the little things that can come together to make a big difference that you have to take into account when looking for ways to make you feel better on the outside. Mental health is important too Your mental health, your feelings and thoughts can also make a huge difference to how you feel on the outside and inside. If you have negative thoughts and feelings on the whole then your outlook will be one of negativity that leads to low self-confidence and low self-image. Daily affirmations can help you to change your pattern of thinking and help you gain self-confidence and are an enormous confidence booster. All of the above when combined together can lead to a healthier and happier person who not only looks good on the outside and oozes self-confidence, but is also healthier and fitter on the inside with a better outlook on life in general and so is better able to cope with life.

## About the Author

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