

Lose Weight, Naturally

Losing weight has been a problem most especially to teenagers. They lose their confidence, ashamed to deal with peers which leads to self pity.

Unwanted and excess fats are usually stored in less desirable parts of the body, found in the hips, butt, belly, waist, upper back, chest, and arms. Eating foods with too much calories and no exercise at all are the common causes of fat formation in the body. Avoid mindless eating or snacking and emotional eating only worsens, it doesn't solve your problems.

Doing hundreds of crunches to flatten abs, leg lifts and squats may help reduce weight. In order to lose weight and discard unwanted fats we must burn more calories everyday and the best way is to diet and exercise. Vigorous exercise and general activity throughout the day is a great way to control and lessen calories. Activities include cycling, swimming, dancing, walking, running, and sports. At least an hour of physical activity will do. Stay away from television and computer instead try these following suggestions:

- Try workout videos or fitness videos or just turn on the radio and dance around your room.**
- Consider making extra laps around the mall, or walk to friend's house.**
- Can join a gym workout.**
- Watch your calorie intake, what you eat is very important component of losing weight.**
- Have healthier food choices, get involved in selecting and preparing foods.**
- Instead of soft drinks, juices, replace them with water, water won't add up.**
- Eat fruits and vegetables that are rich and high in fibers and nutrients but low in calories.**
- Chewing food carefully will lead to a better digestion.**
- Try to set aside time each day for exercise make it a habit so it becomes a part of your daily routine.**
- Discipline, patience, self control, perseverance, are important factors to consider.**

What Makes You Smile?

Smile is a facial expression which shows confidence, satisfaction, contentment, affection, acceptance, happiness, and love, which is characterized by a lateral and upward movement of the lips and cheeks with a bright sparkle in the eyes.

We smile when we look great, and pleasing. It adds confidence because we feel beautiful from head to toe. Every morning when we wake up, we smile the fact that we are alive and because we have another day to enjoy life, time to spend and bond with our family, friends and relatives. Having a positive outlook in life makes us smile, free from depressions, stress, fears, worries, and doubts. Smile makes us overcome all negative factors. It makes our world go round.

We smile when we meet or see other people smiling, it is indeed contagious. We smile when our children obey us. Doing charitable acts in the community makes us smile seeing them contented and happy, a very heartwarming feeling. A simple greeting, a thank you, a word of concern, or a mere smile perks our day. When we smile we touch people's lives. Smiling brightens up our day, and changes the mood of everyone. It makes our feelings lighter, happier and overwhelming happiness.

We smile when we feel relaxed, yet it helps our immune system function better. So shall we say a smile a day makes the doctor away? According to studies smile can prevent flu and colds. There is also a reduction of blood pressure. Smiling is a natural drug. When we smile negative forces are released. Smiling also lifts the face's muscles which makes us look younger and feel better, so a no no to face lift maybe?

So why don't we smile? It makes our place a better place to dwell. Let our smile makes other smile.