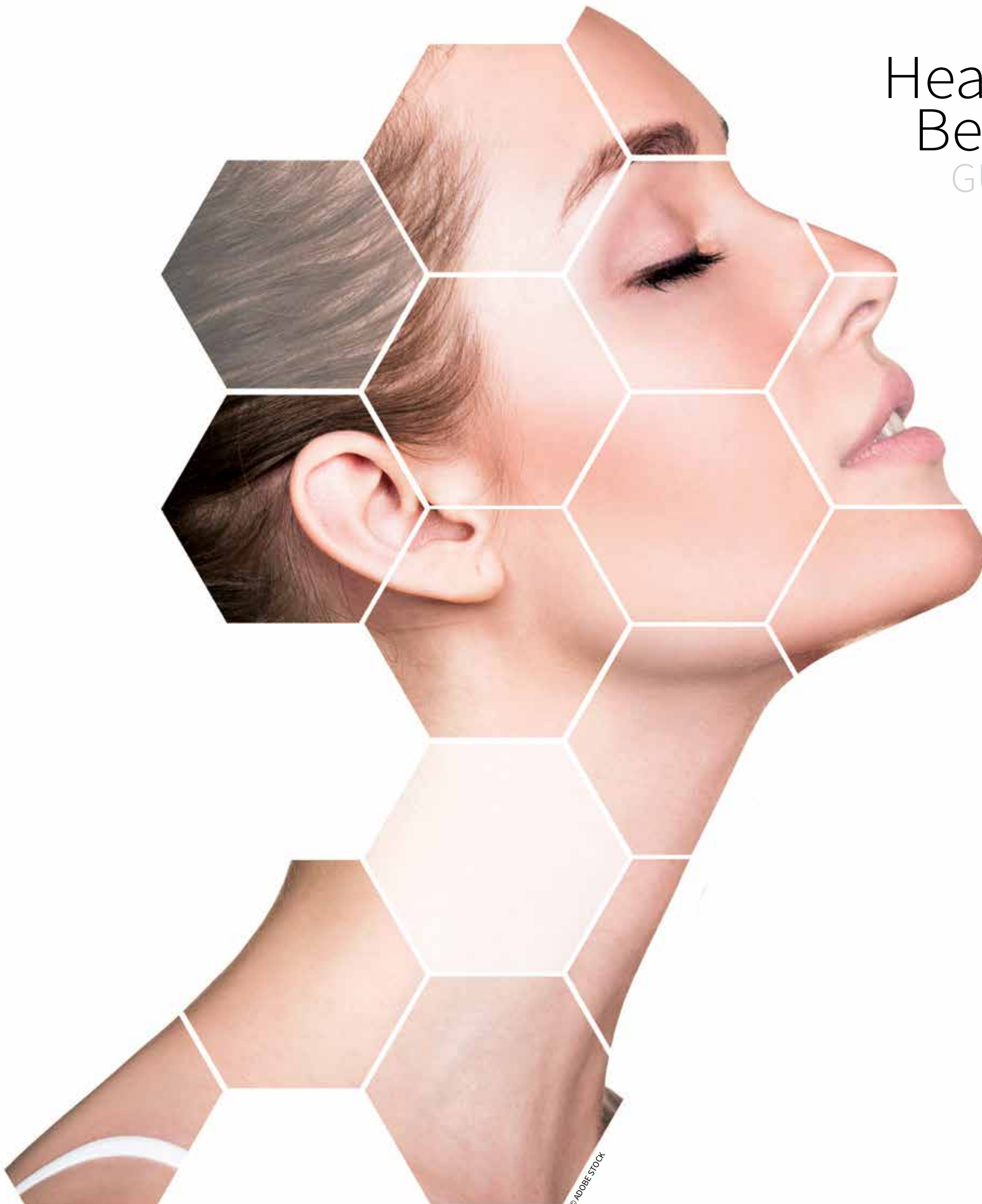


# Health & Beauty GUIDE



# Exercising after Baby

Inviting your baby into the world is a joyous experience that is unprecedented to most. However, the newfound responsibilities and uncertainty of rest means our routines change in nearly every aspect. Learn how to readjust to a new schedule while making time to exercise.

Before planning a post-birth workout, it is important to discuss plans with your doctor.

Delivering can take a tremendous toll on a woman's body, and it's crucial to know which restrictions to follow. Once you know your limits, it may be overwhelming to consider how you will find time to balance the new duties as a new mom. Here are a few ideas to get you started.

## TAKE ADVANTAGE OF TUMMY TIME

According to the United States Department of Health and Human Services, tummy time is important to prevent flat spots on your baby's head and plays a crucial role in their normal growth.

Placing an infant on their stomach is a great way to

strengthen their neck and shoulder muscles to promote mobility, including crawling and sitting up. It's recommended that your baby partake in tummy time two to three times per day, at first.

These sessions also give parents an opportunity to refamiliarize their bodies with exercise. Don't expect to train yourself for a marathon during these short periods,

but you can sneak in a few yoga or Pilates moves during tummy time.

Make sure each position can be achieved while keeping an eye on your little one.

## BRINGING BABY ALONG

Instilling a healthy lifestyle of exercise into your child at an early age will show them the importance of following a routine.

With your doctor's okay, utilize carriers to bring baby along for brisk walks. You also could invest in a jogging stroller, which can support infants during higher speeds and rough terrains.

Pay attention to the age and weight requirements before investing in any baby product, as some require additional inserts to maintain the safety of smaller children.

## HEALTH FACILITY CHILDCARE

If you want to be active at a local gym, ask the staff about the facility's childcare policies. Many high-end facilities offer day cares with team members who are licensed caretakers.

The convenient service allows you to get back into the full swing of your workouts while your little one learns valuable social skills.



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# Schedule Wellness Tests

It can be easy to write off wellness checks when you're not feeling ill. However, it is crucial that these annual screenings are performed on time to ensure your body is working properly.

Especially for women, there are a series of tests that can provide you peace of mind and catch minor problems before they become bigger issues.

To determine how often these checkups should be administered, you should have a conversation with a doctor. By reviewing your medical history, current age and health status, they will create a solid schedule that works for your situation. Don't ignore their advice, as hereditary diseases may require more regular observation.

Here are a few of the most common woman-specific wellness checks to add to your schedule, from the United States National Library of Medicine.

## **MAMMOGRAM**

Most professionals recom-

mend a mammogram beginning at the age of 40. However, if there is a history of breast cancer in your family, they should begin earlier than the age at which the youngest family member was diagnosed. Your healthcare provider can determine the right time to begin screenings based on personal factors.

Self-examinations are also encouraged as a part of preventative measures. According to the National Breast Cancer Foundation, 40 percent of breast cancers are detected by women who feel a lump.

If you are unsure on how to perform your own checkup, consider these tips from the

organization on three types of self-examinations you should perform.

- **While showering:** Move your fingertips in a circular pattern from the outside to the center of your breast, beginning near the armpit area. You should be checking for lumps, thickening or a hardened knot.

- **In front of a mirror:** Visually inspect your chest with arms at each side, then raise them overhead. Check for swelling, changes in contour or dimpling of the skin; and

- **While lying down:** With a pillow under your right shoulder and an arm behind your head, make small circles across your chest and armpit

area with your free hand.

If you notice any differences to your breasts that cause concern, don't hesitate to discuss the changes with a healthcare professional.

## **PAP TEST**

Beginning at age 21, women should begin Pap smear and pelvic exams every three years to check for signs of cervical cancer. After the age of 30, if tests remain normal, the U.S. Library of Medicine recommends screenings every five years.

These screenings are also effective in discovering sexually transmitted infections and strategizing a treatment plan.



# Managing Mental Health

According to the United States Department of Health and Human Services, more than one in five American women suffer from a mental health condition each year.

This sobering statistic includes disorders such as depression and anxiety.

The World Health Organization reports that women are two times more likely than men to develop mental health illnesses. One factor experts deem responsible is the fact that females produce lower serotonin levels, which leads to processing chemicals at a slower rate. This is thought to lead to fluctuations in moods and hormones.

## DO YOU HAVE A MENTAL HEALTH CONDITION?

It's not always easy to tell if you are merely having a bad day or suffering from a medical issue. The Office on Women's Health urges you to ask for help if you notice these symptoms.

- Experience a change in your thoughts, behaviors or moods that interferes with work or relationships for longer than two weeks;
- Feelings of extreme anxiety most of the time, a sense of hopelessness or drug and alcohol abuse; or
- Significant changes in your eating or sleeping patterns.

## SEEKING TREATMENT

Once you realize you are, in fact, dealing with a mental health condition, seeking treatment can be scary.

Familiarize yourself with a doctor's plan of action to lessen the suffering.

Designing a plan to overcome your



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feelings of dread depend on the type of condition and its severity. A few effective measures include finding a therapist to discuss your feelings, medications, and for dire cases, in-patient treatment at a hospital or treatment facility.

After you begin the path to recovery, you will be encouraged to alter your lifestyle to omit factors that contribute to the disease. Examples include beginning a workout plan, eating healthier or

finding a community that offers support. Participating in healthy change is a great place to start to enhance your mood.

## ANXIETY ABOUT PAYMENT

Don't let a financial strain prevent you from seeking help. Most health insurance policies consider mental health treatments the same as medical or surgical procedures.

Check with your health plan to find

out your plan's rules.

If you don't have insurance, use a tool offered by the Substance Abuse and Mental Health Services Administration's website to discover a free or low-cost facility in your area at <https://findtreatment.samhsa.gov>.

If you think you are suffering from a mental health crisis, don't wait to address your concerns with a medical professional or call the National Suicide Prevention Lifeline at 1-800-273-8255.

# Must Have Hair-Care Tools

A new hairstyle can be a great confidence booster. For a fresh, new look right from home, consider the latest hair care gadgets for a trendy look.

Here are some of the newest tools for making your time in front of the mirror quicker and easier.

## **SUPERSONIC BLOW DRYER**

Not your grandmother's blow dryer, modern models are programmed to dry hair fast without causing heat damage. Many high-end tools can actually cut styling time in half. Be honest with your budget, as some of these luxurious items can range in price.

## **MULTI-PURPOSE CURLING IRON**

Don't clutter your bathroom vanity with numerous curling irons that offer slight variations in the finished results. Instead, research models that offer interchangeable barrels to create different styles and waves.

While choosing a modern curling iron, look for abilities to offer even heat throughout the entire barrel.

## **ONE-STEP HAIR DRYER**

The days of uncomfortably brushing long locks while attempting to reach the entire area with a hair dryer are over. Specialized models allow access to a brush with the ability to dry at the same time. You will be surprised with the extra volume and shine created by these powerful tools.

## **AIR CURLER**

For easily obtained waves, you can't not afford to have a quality air curler. A



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tool that wraps hair around a rotating inner curling barrel, it provides uniformity to defined curls. This is the perfect addition for people who lack natural curls but have tried numerous methods to achieve them.

## **DON'T FORGET THE BRUSH**

One tool you probably don't put much consideration into upgrading is the old-fashioned brush. However, a quality tool can do wonders for detan-

gling and adding shine to a beautiful head of hair. A flat brush easily flows through tangles while wet, while a round option cuts frizz and boosts volume with specially designed bristles. Could yours use an upgrade?





# Inner Beauty Quotes to Remember

During the hustle and bustle of your busy life, it's easy to forget to remind yourself how beautiful you are. Celebrating inner beauty can restore confidence, motivate and help pass on good vibes to your peers. The next time your daily stress begins bringing you down, take a breath and remember these thoughtful quotes from other strong and beautiful women to regain a positive outlook.

“It’s a kind of radiance. People who possess a true inner beauty, their eyes are a little brighter, their skin a little more dewy. They vibrate at a different frequency.”  
— *Cameron Diaz*

“The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a woman is seen in her eyes, because that is the doorway to her heart, the place where love resides. True beauty in a woman is reflected in her soul.”  
— *Audrey Hepburn*

“Outer beauty attracts, but inner beauty captivates.” — *Kate Angell*

“Inner beauty radiates from within and there’s nothing more beautiful than when a woman feels beautiful inside.”  
— *Erin Heatherton*

“I believe inner beauty is beauty in its truest form. When we nurture ourselves, it brings an inevitable, positive transformation.”  
— *Paula Abdul*

“Angels only care about what you look like on the inside. A pure heart is the vessel that contains a soul’s true beauty.”  
— *Molly Friedenfeld*

“Beauty shouldn’t be about changing yourself to achieve an ideal or be more socially acceptable. Real beauty, the interesting, truly pleasing kind, is about honoring the beauty within you and without you.” — *Golda Poretsky*

“There is no definition of beauty, but when you can see someone’s spirit coming through, something unexplainable, that’s beautiful to me.” — *Liv Tyler*

“Beauty is not who you are on the outside, it is the wisdom and time you gave away to save another struggling soul, like you.”  
— *Shannon L. Alder*



# At-Home Manicure and Pedicure

Nothing shouts “pampered” like a fresh manicure and pedicure from a local salon.

Sometimes, when an appointment from a professional isn’t available, a DIY fix is necessary. However, if you struggle to execute proper techniques, results may vary.

Learn how to nail the perfect look and invite your friends to make it a social event. You can share tips and tricks to learn new methods while building a stronger bond with your besties.

To get started learning the ropes of your at-home nail treatments, follow these guidelines from Better Home and Gardens.

## MANICURE

The secret to beautiful fingernails isn’t as difficult as you might think. Here are the basics to achieving great results.

- Clean the nail or existing polish with an acetone cleaner.
- Use an emery board to file the edges of your nails smoothly.
- Allow nails to soak in warm water and liquid-soap mixture before massaging oil into cuticles.
- Remove overgrowth from the nail bed and hangnails with a pair of clipper.
- Use a polish remover to remove oils before applying a clear-base coat.
- Now, apply two thin layers of your desired color and correct smudges or other mistakes.



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- Finish with a fast-drying top coat and reapply every other day for long-term protection.

## PERFECT PEDICURE

Pampering your toenails begins much the same as a manicure.

- Prepare the surfaces by removing existing polish and use a file to eliminate calluses or imperfections.
- Soak your feet in soapy water for about 10 minutes before exfoliating with a grainy scrub and cleaning cuti-

cles.

- Liberally lather cream on feet and legs for moisturizer.
- Apply a base coat, two thin layers of polish and a top coat. It should take about 20 minutes before the polish completely dries.

## CHOOSING A COLOR

When choosing a color for your nails, make a bold statement or go with a more traditional hue.

Some prefer to use shades which

compliment their skin tone, while others would rather apply vibrant colors to coincide with changing seasons or holidays. There is no wrong answer when finding a hue that suits you.

Don’t forget to add exciting upgrades as top coats. You can find glitter or color-changing mood and temperature options. The most important thing about enjoying a DIY mani-pedi experience is to have fun and experiment with different styles and techniques.



# Eating For Healthy Skin

Most are familiar with the role diet plays in maintaining a waistline. Did you know certain foods are also a contributor to the overall health of your skin? To keep your body's largest organ's youthfulness, introduce nutrients found in most fruits, vegetables and nuts.

There are numerous beauty products which promise to reverse the effects of aging on skin. However, one of the easiest and most effective treatments starts from the inside. Build a shopping list based on the perimeter of your grocery store, to achieve healthy and glowing skin.

## SEEK PROFESSIONAL ASSISTANCE

The relationship between diet and radiant skin differs between people. Those who are sensitive to certain ingredients may notice foods affecting them differently.

When you are committed to changing the way you eat, you should seek assistance from a professional for the best results. You shouldn't omit a certain food because it caused skin issues to someone you know. Without the advice from an expert, you may be missing out on important nutrients.

According to the American Academy of Dermatology, nutrient-rich whole foods like fruits and vegetables, whole grains and healthy fats are beneficial to your entire body, including skin.

It's also wise to ask a dermatologist



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in your area about supplements that can enhance your health. They will only recommend vitamins which have been approved by federal regulations.

## BENEFICIAL VITAMINS

When restructuring your diet, you should add plenty of vitamin-packed foods into your plans. Here are some great ones to look for, as recommend-

ed by the International Food Information Council Foundation.

- **Vitamin A:** Is considered by reputable healthcare experts like the Mayo Clinic as a vitamin that promotes anti-aging and acne-healing abilities. You can find it in many fruits, vegetables, fish, liver and certain cereals.

- **Zinc:** Proven to be effective in healing skin lesions and found in

treatments of acne, psoriasis and dermatitis, zinc is a great companion to a healthy diet. It is prevalent in most meats, fish, beans and spinach.

- **Vitamin C:** This powerful antioxidant has been shown to provide UV protection and assist in wound healing. You can find it in most citrus fruits and packaged orange juice at your local grocery store.