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Optimize Your Wellbeing With These Tips for Inner and Outer Beauty

Looking and feeling your best can sometimes take a little work, but it doesn't have to be a chore. Start by taking a look at your habits to assess where you might be able to make some lifestyle changes. Creating a simple workout routine can go a long way toward helping you feel better, as can making some changes to your environment. Here are some easy tips from [Working Out with Alice Raibon](#) that will help you look and feel your absolute best no matter what's going on in your life.

Exercise Regularly

It may sound like a no-brainer, but exercising regularly can help you feel and look better in ways you may not have thought about. A workout routine that fits your schedule [and is actually fun](#) – such as dance, yoga, or even hula-hooping – can boost your endorphins, help you get your heart rate up, and ensure that you associate movement with something positive. Make sure to find activities that you enjoy doing so that it doesn't become a chore, but rather something that you look forward to doing each day or week. Instead of paying excessive fees to join a gym, [a resistance band set](#) can transform your physical health from the comfort of home!

Maximize Your Sleep Environment

Getting plenty of rest is essential for looking and feeling your best, since a lack of quality sleep can lead to all sorts of physical and mental health issues. Aim for at least 8 hours of sleep each night and make sure to create a [comfortable sleeping environment](#) by keeping the room dark and quiet. Invest in a new mattress or bedding to create a comfy haven that allows you to get to sleep quickly and stay there all night. Your regular exercise routine can also help improve your sleep as well.

Go Back to School

If you've been looking for a challenge, or maybe you've been thinking about starting your own business or changing careers, pursuing a [bachelor's degree in business](#) is a great place to start! And if you're open to the flexibility afforded by online learning platforms, you can proceed at your own pace without having to take too much time away from your other responsibilities. Getting a business degree can really help you down the line as well, whether you end up changing careers or even starting your own company.

Eat Right, Every Day

What we put into our bodies has an immense impact on how we look and feel. [Eating nutrient-rich foods](#) such as fruits, vegetables, lean proteins, and whole grains will give you the energy you need to take on the day while also providing essential vitamins and minerals that keep you healthy. Avoid processed foods as much as possible, as they tend to lack nutrition while also being high in calories which can [lead to weight gain over time](#).

Keep Stress at Bay

Stress can have an immense impact on how we look and feel both physically and mentally, so it is important to manage stress levels to maintain a healthy lifestyle. Try incorporating relaxation techniques such as [deep breathing exercises](#) or yoga into your everyday routine to reduce stress levels overall. Additionally, take breaks throughout the day if needed to recharge before tackling more tasks ahead of you.

Make Time for Yourself Each Day

Making time for yourself each day is essential for mental health maintenance, so try scheduling some "me" time into your daily routine whether it be reading a book, [taking a walk outside](#), or just sitting quietly with no distractions. It may help to see if you can work remotely at least some

of the time; talk to your employer and ask about working out a more flexible schedule. This is also a great way to ensure that you get more sleep or more time with your family.

Give Yourself the Clean Home You Deserve

Creating a clean home environment can help reduce stress levels while also making it easier to stay organized. Consider removing items that are no longer used or needed to make space for items that bring joy into your life, like plants. Having plants around not only looks aesthetically pleasing but also helps purify the air quality within the home. You can also take some time to clean out closets, cabinets, and drawers. If you're able to work out a remote schedule with your employer, consider setting up a spot at home for meditating.

Looking and feeling your best is an achievable goal for everyone. It can be as easy as making sure to get enough sleep and being conscious of what you eat, or participating in a fun activity every day when it's time to work out. Look into creating a more flexible schedule for work and give your home a deep clean, as these steps can make a big difference in your overall wellness.

[Working Out with Alice Raibon](#) is here to help you look and feel your very best! Call (310) 902-5387.