WINTER 2016 | ISSUE 13

BE WISE

-AN INSPIRATIONAL MAGAZINE-

BE YOUR best self physically

BE WISE

ABOUT BE WISE MAGAZINE

BE WISE was created from the dream and desire of one girl to make a difference. Ceciley Hallman, the creator of BE WISE loves working with people and her passion is helping others understand that they are of worth.

Being wise begins with understanding who we really are. In order to Be Wise and make smart choices in our life we need to know we are of worth. This magazine is dedicated to uplifting, inspiring, and teaching people to understand that they are of infinite worth and the importance of Being Wise.

We hope this magazine can bring everyone who comes across it the courage to stand strong, remember who they are, and never give up.

"ONE PERSON CAN MAKE A DIFFERENCE,
AND EVERYONE SHOULD TRY."
-JOHN F. KENNEDY

BE YOUR BEST SELF

WHAT IS BE WISE "BE YOUR BEST SELF" ALL ABOUT?

BE WISE has always been dedicated to creating magazines that promote self-worth and positive ideals. While that is still true, we are making a change for the next little while and will be focusing all our issues on the overall theme of "BE YOUR BEST SELF". Each issue will have a new topic that follows with our theme of "BE YOUR BEST SELF".

We feel like this has been an inspired change and we are extremely excited for what is in store for BE WISE and all of our readers.

We truly believe that if you make an effort to dedicate your time and your efforts into being your very best self, with the help of the BE WISE "Be Your Best Self" program, you will have incredible results.

The hard part is over. The boring stuff has been taken care of. We have done all the research for you. All you have to do is sit back, relax, read BE WISE, and if you take the teachings to heart and commit to making a change, we know you will find the results you are hoping for. This is it. This is YOUR chance. Be YOUR very best self. We promise to be there every step of the way!

Here's to being our very best selves yet!

WINTER 2016 | ISSUE 16

on the cover:
Sanithia Edwards @blasianbeautee
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LET'S BE FRIENDS!

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BE WISE

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photo || addison jones , model || liz albrecht , wardrobe || 25th steet boutique

BEWISE

THEBLOG.COM

BEAUTY | ENTERTAINMENT | FASHION | INSPIRATION

BEAUTY

Awesome beauty tips can be found on BEWISE the blog. Not only do we offer great tips and tricks as well as lists of our favorite products, you can find inspirational posts about true beauty and ways to not only look beautiful, but feel beautiful as well.

FASHION

On BE WISE the blog you can find our Editor's "Currently Craving" items featuring different clothing and accessories. You will always be able to find fashionable and modest outfit ideas at www.bewisetheblog.com

> "Every time I thought I was being rejected from something good, I was actually being re-directed to something better."
>
> -Steve Maraboli

INSPIRATION

Our Editor-in-Chief weekly shares inspirational posts about self-worth and Being Wise on our blog www.bewisetheblog.com

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photo || addison jones , model || kat edwards

WHAT MAKES BE WISE DIFFERENT?

There are so many harmful messages and images portrayed by today's popular media that skew our perception of Beauty. While yes, we do include sections in our magazine about "Beauty", "Fashion", and other topics that can be found in today's popular media, we strive to couple these subjects with true and uplifting ideals.

We believe that true beauty comes from knowing who we are and understanding our infinite worth and potential. Contrary to society's expectations, we do not believe that true beauty comes from cosmetics.

So, then why would we include articles such as "make-up tips and tricks"? Although we do not believe it is the makeup that makes someone beautiful we do believe that it is important to care for the bodies we have been blessed with. When we present ourselves well, and are properly groomed, not only do we feel better about ourselves, our confidence increases and we can be an influence for good in the lives of others.

This does not mean that we believe the only way to feel confident and be a positive example to others is by wearing makeup. This does, however, mean that we strongly believe in the importance of caring for our bodies; whether it be by good habits of health and fitness, or properly caring for our skin and hair.

We need to BE WISE in all the decisions we make. This includes things as simple as the clothes we wear, the relationships we have, the way we spend our time, and even the makeup we put on our faces.

BE YOUR best self

physically

photo || christopher schoonover

purpose of this issue

This issue of BE WISE marks the first of our "BE YOUR BEST SELF" issues. Throughout this next year we will be dedicating each issue of BE WISE to the theme "BE YOUR BEST SELF" and assigning a specific topic that follows that overall theme.

We felt it was fitting to dedicate our first issue to Being your best self - PHYSICALLY since January is the month of new years resolutions and "get fit" or "lose weight" are statistically the most popular resolutions.

If you were hoping to find a "get thin quick" plan, steps for completely transforming your figure, or easy tips and tricks for a "better" body, well my friends, this is NOT the magazine for that. Our goal with this issue is NOT to provide solutions for you to transform the body you have, but rather transform how you view, value and treat your body.

That being said, we **will** be sharing a few of our favorite health + fitness tips, tricks to enhance your already beautiful features, and ways to flatter, care for, and love the body you have already been blessed with.

We are firm believers in the importance of caring for and respecting our God given bodies. We believe that true confidence can come as a result of properly taking care of our bodies. But above all, we understand the importance of loving our bodies, regardless of their size or physical appearance.

Your body is capable of so much more than "looking good". Your body is an instrument given to you by God to help you accomplish your purpose here on Earth. Respect that gift. Care for it. Love it.

The world is doing all that it can to convince you that you are not enough if your body doesn't look a certain way. That could not be more wrong. You are enough. Just the way you are. Your body is literally a gift from God and He created it to be exactly how He intended it to be for your own personal journey. God does not make mistakes. Your body was not a mistake. You are one of God's crowning creations.

We hope that as you read this issue you will learn how to love and appreciate the body you already have. Your "flaws" are only flaws if you allow them to be. Stop letting the world define what is beautiful and recognize that you are beautiful simply because you are God's creation. The first step to "Being your best self - PHYSICALLY" is by learning to love yourself AS YOU ARE. The more you truly love your body, the more likely you are to care for it and make the necessary changes for a more **healthy** you.

model || Zuri with APM Models and NIYA @niyamodels photo || Stephanie Sunderland

LETTER FROM THE EDITOR

COMPARISON IS THE THIEF OF JOY.

I live with athletes. Literally. Both my brothers have been very active in sports their entire lives. My little sister was a talented gymnast - turned cheerleader who can contort her flexible little body into ways I didn't even know were possible. Two of my siblings are huge runners and it was never out of the norm for them to be running up to 14 miles each day. Even my dad has run mutiple marathons throughout his life and since I can remember has been spending his lunch breaks playing ultimate frisbee.

Then there's me...
Although I've never been a huge athlete or expert on health + fitness, throughout my life I seem to go through phases where I feel the sudden urge to "get fit". I am pretty consistent with it for... about a week. If I am lucky, maybe two. For me, a BIG run is one mile, accomplishing that is accomplishing a huge feat. But when you have younger siblings giggling about your "out-of-breath-ness" after running just one mile, when they can do that backwards with their eyes closed in about half the time, it is easy to get discouraged. Now, I don't know about you, but when I am feeling down or discouraged all I really want to do is curl up in bed, or head to the mall to shop away my feelings. Rarely do I feel inclined to hit the gym or go for a run. Instead of focusing on my own efforts and my own growth, I compare myself to the effort and growth of my already-athletic siblings.

As if that wasn't bad enough for my "comparison habits", lately there has been a huge trend on the internet where "fitspo" and "thinspo" messages are running rampant. Unfortunately, while these messages are "intended" to "inspire", in my experience, they seem to have the reverse effect. Sure I see the images and think, "Man I wish I had abs like that", or "Dang, wouldn't it be nice to have time to spend hours at the gym each day like her?" But what they don't ever seem to do is make me love and appreciate the body I DO have. What happens, at least for me, is I fall into this never-ending spiral of comparison, once again.

So what do we do to stop these feelings of comparison and defeat? How do we survive in a world where there will always be someone more athletic and more fit than we are? The solution might be more simple than you think. In order to combat these feelings and live a healthy happy life where you can truly "BE YOUR BEST SELF Physically", you must first learn to LOVE YOURSELF. This whole issue of BE WISE is dedicated to just that. Helping you love, appreciate, and care for the body you ALREADY have.

Ceciley

FOLLOW CECILEY @
IG: @ceciley3

"YOU ARE IMPERFECT, PERMANENTLY AND INEVITABLY FLAWED. AND YOU ARE BEAUTIFUL."

-AMY BLOOM

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TOTE BAGS

MUGS

PHONE CASES

HEALTH + FITNESS

photo || lexi collins

CARE FOR YOUR BODY TO IMPROVE YOUR BODY

written by || courtney hill
photo || braden young

Generally when you see the topic "be your best self physically" you probably jump to the thought of "getting healthy and fit" which generally leads to an assumption that we're about to read an article about the newest diet, how to lose weight, how to tone up, and how to look like a supermodel, because that is what this world likes to target. Think about it for a minute, what do these articles do for us? Do they really make us "better physically?" Maybe occasionally for a day, or a week. But majority of the time it does nothing for us physically, and instead hurts emotionally, leaving our self esteem at a new level of low. Lets be honest, who can really wake up at 5 am everyday to run 6 miles before school or work, still show up looking perfect, then to get home and eat green leaves for every meal, with never indulging in a favorite treat? Chances are, very few people, and the ones who can probably have more serious problems. The people that seem like they have it all together, the perfect diet, the best exercise routines, etc. I can guarantee they don't. Thinking that we can have it all together leads us to 'fail' at 'perfection' leaving us feeling worse about ourselves then we did in the first place.

Sure, eating our fruits and veggies is important, but eating our cake and ice cream is important too. Yes, exercising and "movement" are good for us, but rest is good for us too. This society has a very skewed view on health. Health isn't starving ourselves, ignoring our cravings, and pushing our bodies past their limits in cardio. Physical Health is satisfying cravings, honoring our hunger, allowing ourselves to rest, and trusting our bodies to tell us what they need.

One main point that I want to be clear on, is we need to take care of ourselves. We need to be gentle, kind, and patient with ourselves. We need to speak to our selves in a more compassionate tone. I believe that we cannot be our best physically if we're focused on changing our bodies. Before passing up the chocolate and reaching for carrots instead, ask yourself "what are my motives?" Before putting on your Nikes and heading out for a run instead of watching a movie with the family, ask yourself, "what's fueling this decision?" Are you motivated because you love your body, and want to take care of it? Or are you motivated because you hate your body and you're trying to slim down? I've realized the hard way, that if we think we'll be happy with ourselves as soon as we reach our goal weight, or as soon as we tone our stomachs, we're wrong! When our lives are based around changing our appearance, we'll never be satisfied, and we'll never know when enough is enough. If we want to love ourselves, we need to put our time and energy into embracing and accepting our bodies, not changing them.

We often think we can mold and shape our bodies as if they're lumps of clay, but it isn't true. Each body is different, each body is made up of different genetics. One common mistake this society makes is comparing. You wouldn't compare a tuna sandwich to a PB&J, so why compare yourself (or more specifically your body) to another? No two people were created to look the exact same. We were created to look EXACTLY how God intended for each of us - individually - to look. We should embrace the fact that we weren't built to look like the girl next to us, it makes us unique and special.

I believe that in order to be our best selves physically, we need to be intuitive eaters. In the book "Intuitive Eating" written by Evelyn Tribole and Elyse Resch, they give us 10 steps to becoming intuitive eaters, a few of those steps that I especially cherish are: rejecting the diet mentality, make peace with food, and discover the satisfaction factor. Food is meant to be enjoyed, no one is going to be happy living with a "food police" on their shoulder. With each new diet we attempt, we fuel that food police more and more.

If we want to be our healthiest self, we need to shift from a diet approach, to a self care approach. Although it may be hard to believe, dieting is one of the worst things we can do to ourselves. Sure, sometimes we'll lose weight from the latest diet, but the only thing that weight loss actually gives us is false sense of control and confidence. In reality, body acceptance rarely improves. On top of that, as soon as we're off the diet we'll end up gaining all the weight back, plus 10%. Unless we make lifestyle changes nothing is going to permanently change, there is no quick and easy when it comes to our weight and that's because each person has a "natural set point". Our bodies know what weight it's comfiest at, and our bodies will fight to stay there, even if it does require speeding up, or slowly down our metabolism.

Often times our attempt to diet and to restrict certain food groups is what leads us to overeating, and then gaining weight. Think about it, when you start a diet, what do you do? Spend the whole day beforehand eating all the things you soon won't allow yourself to have. If you tell yourself "I'm only going to eat two more bites of ice-cream" you'll probably end up eating the two biggest bites of ice-cream you've ever had.... and then sneaking a third. If your mom is making cookies and you promise yourself not to eat one single cookie, you'll probably eat mass amounts of cookie dough. As soon as we make something "off-limits" we will suddenly want it much more. This will make watching our calories much harder to achieve. So, why not make all foods available options when snack time rolls around? Why not let our cravings make the decision, instead of the food police?

Our bodies are really incredible and we don't give them the credit they deserve. Our body knows what it wants, and it naturally craves the things it needs. There's a reason everyone thinks they are "always craving carbs", and that's because our body needs a lot of carbs each and every day, after all, it is our body's main source of energy. We burn through them quickly, which leaves us wanting more, but that's okay, because they are our fuel.

The thought of truly allowing ourselves to eat what we crave, when we crave it, is scary. This is only scary because it's so foreign. We're surrounded by people telling us what to eat, when to eat it, what to never eat, etc. We're constantly being told that listening to our bodies is wrong, and it will lead to weight gain. But I promise, trusting your body may just turn into the best decision you've ever made. You'll never know the power your body has until you give it a chance to prove itself. We might think "If I give myself permission to eat what I'm craving, I'll eat cookies all day!" But take a step back, if you only ate cookies all day, you'd get sick of them real quick and soon enough you would be craving a crisp salad, or a juicy apple. Our bodies know what they want, and they know what to do with the food we give it. Food fuels our metabolism, and keeps it running.

It's time we put down the diet books, and take off our fitbit's. Exercise doesn't have to be a miserable time on the treadmill, it can be running around in the back yard with your nieces. It can be a bike ride around a lake with your best friend. It can be playing 'Just Dance' against your dad. Eating a favorite treat doesn't have to be 'earned', and indulging doesn't have to lead to guilt, and regret.

If we want to be at our physical prime, we need to stop trying to "get there," and start considering that maybe we already are there. If we wait until we "look better" to accept ourselves, we'll spend a long, tiring, depressing life at war with ourselves. There's no better time to start accepting ourselves then today, right this second. It's time to get rid of our diet rules, and to instead, just trust ourselves. We need to step back, and accept what is. We need to embrace ourselves, flaws and all, and trust our God given machine.

photo || nik roberts

GET MOTIVATED

written by || alayna smith

It's 8 a.m. and you've already hit the snooze button 3 times. It's probably easy for you to imagine this scenario because let's admit it, we've all been there, it may have even happened to you this morning. It's hard to wake up early in the morning for anything, but especially to work out. But your girl, Alayna, is here to help. Throughout the years I have picked up some helpful tips to help you get motivated as you're waking up to go to the gym, getting to the gym, and getting through that last mile at the gym.

1. WEAR YOUR WORKOUT CLOTHES TO BED.
Sounds weird, I know, but most of us girls wear our leggings to bed anyway and I promise it's so much easier to get out of bed when you know that you don't have to change.

2. MAKE YOURSELF A YUMMY/ HEALTHY SMOOTHIE OR ACAI BOWL WHILE WATCHING YOUR FAVORITE MORNING TALK SHOW.
When you wake up starving, it's easy to reach for your favorite sugary cereal. But, it's easy to get excited to eat healthy if you look up recipes on Pinterest. Plus, you'll get excited to wake up when you know Good Morning, America or last night's New Girl episode on Hulu Plus is waiting for you to watch while you fix yourself a light breakfast before the gym.

3. MAKE YOURSELF AN AWESOME WORKOUT PLAYLIST.
It makes your car ride to the gym and running your fourth mile on the treadmill a lot more enjoyable when you have an epic playlist. Just make sure you update it often, because it becomes a little monotonous when you've listened to the same twenty songs for the third week in a row.

4. THINK ABOUT WHY YOU'RE DOING THIS.
List the reasons why going to the gym will help you achieve your goals. Think about how much better your day will be if you start it off the right way. For instance, did you know that when you exercise, your body releases chemicals called, endorphins, that trigger a positive feeling which people often call, "a runner high" which can create a happier outlook on life.

5 WAYS TO STAY HEALTHY IN COLLEGE

written by || maggie stewart

I find it so much easier at home to stay healthy and have a constant workout routine.. So the challenge of coming to college is balancing school, a social life and staying healthy.

Here are 5 easy ways to stay fit in college:

1. DRINK WATER

Drink water right when you wake up- this boosts your metabolism and wakes you up immediately.

2. CREATE A SCHEDULE

Create a constant workout schedule - creating a time each day to work out helps plan your schedule (classes, homework etc..)

3. GO ON WALKS

Walks are great in helping to relieve stress and clear your mind.

5. FIND A CLASS

Find workout classes at your school. Its a great way to meet people and most of the time they are free!

4. CREATE "YOU" TIME

Being constantly around people can be stressful at times, make time at least once a week to spend time by yourself.

photo || amanda rogers

#HEALTHYBODY

written by || mila adams

When I was younger, every time my sister or I faced heartbreak over an immature boy we would have a saying that we lived by- "The best form of revenge is a hot body". Side note, my sister is a stunning beauty therefore she had suitors lining out her door but that led to a lot of disappointments and heartbreak. I, however, was broken about Jesse McCartney not giving me the time of his day (but still working on that hot body just in case). The saying that we religiously worshiped is witty and reassuring but as I've gotten older I realized how skewed and wrong it is, on more than just one level. Actually, now it makes me furious. Why do we focus so much on having a hot body instead of a healthy body? Sure, there is an answer - definition of beauty in the media and pressure that we experience from being perfect. However, media is a topic that I want to dab into another day. Today I want to talk more about being personally accountable for your own actions concerning health and fitness, finding peace and beauty within your own skin (or muscles, since you know.... FITNESS!!!) and focusing on having a healthy body instead of a hot body.

Let me tell you about the time that I felt fly like Beyonce for literally 10 minutes. It all started when I went to the mall to shop for who knows what. I know that a lot of times we get in a weird funk and refuse to shop (at least I do) because our butts seems larger than normal but that day I was wearing a loose fitting, yet flattering black dress with a chambray top tied around my waist. I was feeling fly. Then, it was time to go into that room that we all, most of the time, hate - the fitting room. My "love at first sight" jeans didn't button and just like that, my confidence shattered all over the floor. I cursed my wide hips, changed and booked it for a way out. While trying to escape the land of weird mannequins and cropped tops (I'm looking at you, Forever 21), I looked around me and it literally hit me that out of about a dozen girls in the store, not a single one looked like she would be size 00 not even size 0. In fact, they all looked like average sized girls and a lot of them varied in weight and height. It was something that I've never noticed before, and you know why? Because we get so caught up in a vicious cycle of picking our own bodies apart while we're browsing for clothes that we forget that it doesn't matter what size we are, all that matters is that we're healthy and happy.

One of the most popular hashtags in the spring and summer time is bikinibod or bikinibody. I would love for it to be #healthybody that we strive to be rocking. Although that may be too long and obnoxious, you still get the point. Having a healthy body is a lifestyle. Having a hot body is a trend and for goodness sake, stop giving into the trend.

Now, the phrase "the best form of revenge is a hot body" is forever banned from my house. If I ever get the privilege to raise daughters I will never teach them that we are defined by how hot our bodies are or that it's something that we need to strive towards (especially to get revenge!!). Yes, it's a fun saying, but I know that in my home we will get "the best form of revenge is a happy and healthy self" on a plaque, hung in our closets full of jeans with sizes that we're perfectly happy about.

LEARN TO LOVE EXERCISE WITH THESE EASY TIPS

written by || phoebe farnsworth

There are many ways to reach your full potential. One of the best ways to keep yourself happy emotionally, physically, and mentally is to EXERCISE! You heard me, get that heart rate up, sweat a little, and get active! There are many different things you can do to exercise, you don't just have to go running, or lift weights! I am the type of person that will get bored of doing the same exact thing everyday! I have to have a variety of ways to exercise. I used to play sports competitively while I was in high school, but when I graduated I had a really hard time forcing myself to run! Then I found out there are so many other things you can do! In this article I am going to give you a few tips and tricks to find out what you like to do, while getting the best exercise possible!

Find a partner! I know it can be hard to get sweaty and gross in front of someone, but when you have someone there to push you, it makes it a lot easier to work hard! When you are looking for someone to get active with, make sure you look for someone who has similar workout interests, and a few different ones to give variety! It is also important to find someone who you are comfortable with, so you aren't going to be self conscious (which there is no need to be!)

Second, drink water! Lots of water. Since your body is made up of over 60%, you need to stay hydrated! It is recommended by the Mayo Clinic that you drink at least 10 cups (2.2 Liters) of water each day. That may sound like a lot, but as you start to carry a water bottle with you, it'll be a lot easier to drink up all you can!

After you exercise, use a foam roller. This is so important! As you foam roll you can release so much tension or what most people call "knots". Tired and sore muscles are the opposite of fun! They are so painful. Foam rolling helps so much with smoothing and lengthening muscles after a work out. It may seem awkward at first, but as you do it more and more, you will see the huge difference it makes!

Like I said, there are so many different ways to get active! Find the one that fits you, or the many! I love to do yoga, go running, lift weights, bike ride, do pilates, or even just a nice slow walk! And when I can, I will find a group who is playing a sport! Group sports are great ways to get active, be competitive, and meet new people! As you find what you like, don't be afraid to branch out and try new activities! The options are endless. There are so many tutorials on youtube, and all over the internet! Your options are so numerous!

Just remember, exercise is not punishment! It is a way to release stress, and help you feel better! Don't push yourself too hard if you are new to it, all good things take time! There are lots of things you can do from home with no equipment. Exercising is a great way to help you be the best you, that you can be!

photo || lexi collins, model || ashley s.

BEING MY BEST SELF PHYSICALLY

I was never that girl that worried about my body. Sure, it wasn't perfect, but I didn't spend hours obsessing over it or turning back and forth in the mirror to see how it looked. I felt fine about things. I thought I looked ok. I didn't go to the gym—I felt like I didn't need to and I was lucky that I could eat whatever I wanted and still look the same. I didn't really worry about my health because I wasn't ever sick. It wasn't until I got pregnant with my daughter that I started noticing major changes in the way my body looked. And, of course my body was changing—I was growing a tiny human being! But, it's easy to get overwhelmed and caught up in how worthless you feel. I started to assimilate a growing mid-section with my self-worth, as much as you really shouldn't do that. I didn't feel very beautiful anymore and I certainly didn't feel like a glowing pregnant woman. I felt like a boat.

I think I finally learned just how important having a healthy body is after I gave birth. I learned that my arms could hold and rock a baby for as long as they needed to, even if they ached and burned. I learned that my back could stand getting up all throughout the night to check on her. I learned that my neck withstood the hours I spent looking down at her and caring for her. My body was struggling to keep up, but wasn't failing me. I realized that, for the first time in my life, I needed my body to be healthy and fit—not just for me, but for her.

After a few months, I began to go to the gym, not to lose the baby weight, but to gain some muscle to help me in carrying my girl. I started paying attention to the things I ate and being careful to eat healthy, because she was getting nutrients from whatever I was consuming. I viewed my health and fitness differently than I ever had before, because it wasn't just all about me anymore.

I started thinking about the kind of daughter that I wanted to raise and the kinds of values I wanted to instill in her. I didn't want her to struggle with self-esteem or be more concerned with how she looked on the outside, rather than with her inner beauty. I realized that in order for me to teach those things to her, I needed to be solid with them myself. I needed to feel confident in my own skin, accepting of who I was and loving myself, flaws and all. I needed to step off the scale and stop stressing about that number, because in the grand scheme of things—it really doesn't matter at all. I needed to teach her to respect and honor her body—to guard it as sacred and treat it like something special. Knowing that I would have to teach these values to my sweet daughter someday has inspired me to live better now. I wish I would have been living this way all along, going to the gym to feel healthier and better about myself, eating better foods to promote wellness in my own body and, most importantly, loving myself and treating my body with kindness and respect. Nobody taught these important things to me—but you better believe I'll teach them to my daughter when she's ready. I hope this inspires you to live better too—not for anyone else, but yourself. You are beautiful and you are wonderful and you deserve it. Now–get out there and be your best you!

written by || nique link

PHOTO OF NIQUE LINK AND DAUGHTER

BE WISE FIT

EMOTIONALLY. MENTALLY. PHYSICALLY.

writen by || whitney rose, photo || amanda rogers@amandamarie_photography, model || caroline carnes @carolinecarnes

Let's get fit. It is time to work out and find out just how good it is going to feel. We aren't going to be lifting weights though. This type of work out is going to require much more than that.

In order to get in control and set a pattern of physical fitness; we must first address what it means to be "mentally fit". Mental stability may be a weaker area of our lives than we may realize.

Mental and emotionally stable individuals find themselves having better relationships, resolve problems more efficiently and effectively, obtaining successful careers, and living life at a healthier level physically. They are positive. They are driven to accomplish goals. Why would anyone not want to find themselves surrounded by these people? Why would anyone not want to try to BE such an individual? The answer isn't that simple. Many of life's circumstances find us emotionally drained and weak. The most important thing I have learned about such events is that they come to an end. Eventually. Sooner or later you will wake up and not feel weak anymore. Just like a few days after a really good work out your muscles are tight, but not sore. The catch is the reward of accomplishment and success in these areas only happens IF you are positive. Staying positive through negative circumstances is the root of being mentally and emotionally stable. This doesn't mean we don't have a good cry or vent to a close friend. This does mean that we think before we speak out and we process our situations before we just react.

BeWiseFit Goal: GET TOTALLY FIT! Take some time to evaluate your life and circumstances and find out ways you can improve your mental and emotional health. Here are some great ideas:

Positive self-talk every morning (ex. "I will have an amazing day." Or "I look so good in blue.")

Read literature on positive mindsets. (ex. 'Excuses be gone!' By Wayne W. Dyer)

Express gratitude for your life. It may not be everything you want but recognizing the blessings you have will uplift your spirit and help you to want to do more with what you have been given.

Reach out and serve someone! This is the best advice. It truly will help your mind overcome personal struggles and focus on what really matters.

While physical beauty truly isn't everything- it does count. Get dressed up this week and enjoy the special details that make you- YOU!

Put out the good vibes and work out! Positive music is extremely influential in changing your mood.

As always #staywise #stayfit #mentallystrong #physicallfit # BEWISE xoxo Whitney

EASY CHANGES FOR A HEALTHIER YOU

photo || braden young

1. Stay hydrated + carry around a water bottle wherever you go.
2. Create a workout schedule.
3. Stock up on frozen fruits + veggies.
4. Do some form of exercise while watching TV.
5. Eat from smaller sized bowls and plates to control portions.
6. Prepare healthy “grab and go” snacks.
7. Pack all your workout gear the night before.
8. Take a few minutes every day to unwind.
9. Eliminate clutter - in your home and your mind.
10. Quit complaining.
11. Create a daily routine.
12. Eat Slower.
13. Keep a journal.
14. Get enough sleep (8 hours each night are recommended).
15. Give your refrigerator a makeover.
16. Take a walk.
17. Practice deep breathing to manage stress.
18. Ask for support.
19. Drink a glass of water each morning.
20. Do push ups and sit ups each morning.
21. Establish a sleep schedule and routine and stick with it.
22. Utilize health + fitness apps.
23. Wash your hands frequently.
24. Pay attention to how certain foods affect your body.
25. Sit up straight.
26. Stretch every day.
27. Wake up earlier, have a morning routine.
28. Don’t skip breakfast, make it mandatory.
29. Take the stairs.
30. Park farther away.
31. Avoid extremes in diet
32. Ditch the soda.
33. Meditate a few minutes each morning and before bed.
34. Eliminate tech time before bed.
35. Recognize your improvements.
36. Practice balance and moderation.
37. Take time each day to rest and relax.
38. Avoid using addictive substances.
39. Drink a glass of water before each meal.
40. Don’t be so hard on yourself.

GET ACTIVE
IN SIMPLE WAYS

written by || olivia mcrae, photo || lexi collins , model || alisa b.

Taking care of yourself is very important. For years, I would diet and try to fit into society's version of "being fit and looking good". Now I see that I was nowhere near being fit the way my body needed it. I was starving myself of the nutrients that my body actually needed and I had no clue.

Sadly, the word diet has such a negative connotation to it. When you hear it what do you think of? People eating very little and exercising themselves to death. What we really should be saying is a "plan". It's rough because we begin to compare thinking "if it worked for her, it should work for me." A plan that works for my friend, probably won't work for me too. For years I have struggled with fluctuating weight, and it has taken me some time to love the skin I'm in. No one is perfect, everyone is different and everyone struggles with something.

The best way to find yourself in the best physical shape, is to find easy ways to stay moving. Exercise doesn't always have to be hitting the gym and running. We can find easy ways to stay fit for our bodies every day needs. Take your family, your friends, your dog and get outside. Being the busy college student with a lot on my plate, I have to find quick things to do that keep me moving and challenging my body. I've taken a Hot Yoga class with a friend, done Zumba, watched Netflix on the treadmill. Talk about lazy girl fitness, right??

I found that by doing the little things everyday, help me the most. Instead of kicking yourself for not going to the gym everyday for two hours. Trying a ten minute a day work out in the morning or even right after work, has made such a difference in my life. When your body is in good shape, you have more energy to tackle the daily tasks you may have! It helps the brain and keeps you feeling good about yourself. Set little reminders with yourself, do contests with friends and family, even your coworkers! Build a good support team that will help you accomplish your goals, and stick to them. These little goals help me keep my body happy and be the best I can be.

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KICK YOUR STRESS TO THE CURB

written by || marie nielsen , photo || braden young , model || lexi collins

Do I have any fellow "super stressers" out there? If so – don't feel alone! There are an infinite amount of causes of stress and it can present itself in just as many ways. My stress tends to creep up on me and present itself in every physical way. I get headaches, neck aches, stomachaches, knots all through my back and legs, and more. Stress is a natural, and even healthy, response to give your body the adrenaline it needs to get through those intimidating to-do lists. However, if it starts to cripple you physically, it's no longer healthy. But don't worry! Here are a few tips and tricks to help ease those physical triggers so you can handle your stress more productively.

BREATHE AND VISUALIZE

It's amazing how much composure you can regain amid stressful situations when you can control your breaths and your thoughts. So basically, take a deep breath and go to your happy place!

Breathe deeply in through your nose for 4 counts and then out through your nose for 4 counts. Once you naturalize that breathing, challenge yourself by increasing the counts to 6, 8, and 10.

With one hand on your chest and the other on your stomach, breath deeply in through your nose. Focus on your stomach, not chest, rising and falling. Breathe out through your mouth.

Close your eyes and visually guide yourself to a calm situation. Whether you imagine yourself at the beach or accomplishing your biggest goals – creating positivity will positively increase your health!

STRETCH IT OUT

If you're feeling muscle tension from stress, the quickest way to start easing that pain is through stretching. When I stop and take the time to stretch when I'm feeling stressed, I can immediately tell that it's worth it. Doing some nighttime yoga to help you fall asleep or a quick full body stretch first thing in the morning can help set you up for success and release some of the tension you're feeling.

To ease neck pain, slowly roll your head from one side to the other. Interlock your fingers at the back of your scalp and gently apply pressure to release pressure from the upper-spine. Get to know your body and be careful not to over stretch your neck muscles.

One way to help release the pressure through your upper back and shoulder blades is to sit or stand upright and reach one arm across the front of your body while using your other arm for support. Repeat on both sides.

To help stretch out your back and legs, sit up straight with your legs in front of you. Reach forward keeping your back and legs as straight as possible.

GO OUTSIDE

Sometimes a little bit of fresh air is the perfect medicine to relax our bodies and minds. Take some of your breathing techniques and get some outdoor air circulating through your body. It is so important to just be outdoors. Take the time to look around at the beautiful scenery around you and enjoy the different temperatures that each season provides.

EXERCISE

We all know that exercise can easily drop to the bottom of your to-do list when life gets busy. But if you're feeling the physical strains of stress – including fatigue – a little exercise goes a long way. Exercise invigorates your body and releases endorphins to help push that stress out. It gives you the extra strength you need to work through your stress.

Try to find a way to exercise that fits you and your body. I've always wanted to be a runner, but I finally realized that it really hurts my body to run for long distances. It's so much more beneficial for me to participate in low-impact exercises and sports. It's taken a little more planning and research, but I've been able to adapt my workouts to fit my needs. Do what you love and the benefit of the exercise will be that much greater!

DRINK MORE WATER

Growing up, this was my mom's mantra. If anything was wrong, the answer was always to drink more water. I used to tease her but now I'm a believer! Everything is worse when you're dehydrated. So go take care of that basic need and treat yourself to a nice cold drink of water!

Carry a water bottle with you. It's so much easier to remember to drink your water if you have it on you all the time. And find one that you love – I bring my Camelbak® eddy™ with me everywhere.

Infuse your water with your favorite citrus, berries, melon, and herbs. This is especially helpful for those who don't like tap water or for anyone who wants to add a little flavor to their day.

TAKE A BATH

This is one of the most relaxing things to do at the end of a long day. Something about the hot steam and soapy bubbles just gets the brain working in new ways! Letting go in this way can get your body to relax and open up your mind to overcome the stress you're dealing with.

GET A MASSAGE

How dreamy does this suggestion sound? I know it's unrealistic to go get a professional massage everyday. But it's easy to massage your own neck while you're stretching or grab a foam roller or tennis ball to work out those knots.

PRAY

Did I mention that this is the one that's the most important, and probably the one most forgotten, or pushed to the end of the list? God knows us personally and knows our stress. And we do not have to deal with it on our own. In fact, He's asked us not to. "Come unto me, all ye that labour and are heavy laden, and I will give you rest." [Matt 11:28] The best one to talk to when you just are dealing with too much stress, is waiting to ease that burden and help you make it through. It doesn't mean that He will take the stress away, but He will certainly strengthen us to be able to handle it.

DO YOU HAVE A GLUTEN FREE MENU?

written by || pari canning

Let me start with my back story on this one...

When I was 16 years old, driving home from a church activity one day, I remember getting so so sick, I barely made it home. After that day anytime I ate food I would get sick. Not just like oh my tummy hurts a little, but sick to where I literally could not stand up after I ate food. As you can imagine this made day-to-day life pretty hard, because eating is something I enjoy. School was impossible and socializing was hard too. Not only was I feeling sick, I was constantly tired. I could sleep for 14 hours straight and still be tired. Great, right? Nope. After a few months my parents realized it wasn't just me being a 'teenager.' Something was wrong and we couldn't find a solution that worked. I even had thoughts that my body would cooperate better if I just learned not to eat.

So for the next 2 years I went to doctor after doctor, specialist after specialist. We tried natural remedies, probiotics and tried to get me on some sort of medication but the doctors could find nothing wrong. Over time, I grew irritated and discouraged. I constantly ached, I deprived myself of food and a social life. After years of stress it boiled down to: the doctors had no idea what to do about it, neither did we, so we stopped trying.

I moved off to Utah and for the next 4 years I put up with it. I would go out to eat with friends and drove separately because I knew I would get sick and have to go home. Dating was a social & physical pain because if we went out to eat my body would shut down and I would have to pretend I was okay while really I was dying and wanted to go home.

Then a new roommate moved into my apartment who was Gluten Free. I reacted with HA! Gluten free? *laughed a little* what even is 'Gluten?'All that synthetic free food living stuff is just in people's heads! Gluten free is just a trend, right?

Then one day I sat down and asked my roommate what made her decide to be gluten free. As I did this, she started telling me the symptoms she was having and guess what?! Just like that, she began describing me to the T. I was floored. Could this be why I have been sick for close to 6 years? Could it really be my body had been hurting because of gluten?

So I tried taking Gluten out of my diet, I thought the worst that could happen is that it wouldn't work. I was skeptical. I didn't believe it would help, and then it did. Gradually, I was able to eat food without getting sick. The momentum started to build, I had more energy and I started being able to live normally. Still to this day I laugh a little at how such a little thing like wheat can ruin your day-to-day life. My day-to-day life.

So what's the take away from this experience?

TAKE AWAY #1 LIFESTYLE CHANGE!

Sometimes to improve your quality of life you have to make lifestyle changes.

Lifestyle changes don't mean diet, or short term goals. I am talking about changing your way of thinking and changing the way you are living. It is a huge commitment and honestly it is so hard. When you make the commitment and go all in,after a while it becomes normal. It doesn't mean easy, but it becomes doable.

TAKE AWAY #2 YOU JUST NEVER KNOW.

You just never know what someone is going through. It is really important before we judge someone we stop and think there is probably something going on in their life we cannot see. The reason that one person *eye roll* asks for a gluten free option at a restaurant could be because they would get sick if they didn't. BTW I still crave Little Caesars Pizza like there is no tomorrow.

BEAUTY

BE WISE BEAUTY

written by/makeup artist || alexa larsen @alexa_larsen
photos || paulina sovanny young @paulinasovanny
model || abigail ferguson @absferguson

The beauty of a woman is so complex and can be difficult to define. Beauty is made up of so many different things, but we can narrow it down to inner and outer beauty.

For the longest time I was (literally) obsessed with outer beauty. The media heavily influenced my young teenage self, and I was never satisfied with my appearance. I would spend ridiculous amounts of money on beauty products to make myself look better. I compared myself to the photo shopped, surgically enhanced women on magazines and in the media. It was a vicious cycle of trying to be what the world told me was beautiful and always falling short. As I grew older, I started to develop a knowledge of my self worth and my outlook on beauty began to change.

For the longest time I struggled to find balance between the inner and outer beauty. I thought I had to choose just one or the other and that was so hard for me. But guess what? It's totally possible to be both. Beauty can look like a lot of different things. It can be your selflessness to others, it can be your strength to endure trials, your wisdom, or constant optimism. Loving yourself, flaws and all is crucial to survive the world that surrounds us.

This may sound a little crazy, but outer beauty has its benefits too. When I look good, I feel good. As a makeup artist and woman in general, I am all about getting pretty and enhancing my natural features. Makeup does wonders for the dark circles under my eyes when I stay up late studying. I believe that a woman with confidence and a great lip color can take over the world. And don't even get me started on brow products, they changed my life (well at least my face, I got jipped in the eyebrow department).

Everyone is different, but here are my everyday favorites to enhance my looks and the makeup I used on my cute model Abby.

EYE SHADOW: makeup geek crème brule (crease), cocoa bear (outer v), magic act (lid), ice queen (brow bone, inner corner)

EYELINER: NYC liquid liner in black (perfect color and wing perfector)

MASCARA: Maybelline Lash Sensational with Ardell Demi Wispies Lashes

BROWS: Anastasia Beverly Hills Brow Pomade in Chocolate, set with the best L'Oreal tinted brow gel

HIGHLIGHT: Becca Cosmetics Champagne Pop

BLUSH: Milani Luminoso

LIPS: Nyx Natural Lip Liner (the best stuff ever) Mac Faux Lipstick

FOUNDATION: Makeup forever HD foundation applies with damp Real Techniques Sponge

BRONZER: Too Faced: Chocolate

CONCEALER: La Girl Pro Conceal in Ivory (I apply in a triangle under eyes and on blemishes)
Finish with Urban Decay Chill Makeup Setting Spray

Learn to love the woman in the mirror who is staring back at you. Love her for her amazing unique qualities. Love her when she just woke up or when she's all dolled up to go out. Do not let society define beauty for you, you are better than that and you are worth so much more than some of the insane standards set up for women. I learned to love the woman in the mirror, with and without makeup and that has made all the difference.

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MY MANE CARE

models || alexa larsen , courtney mcomber

My Mane Care's founder Catherine believes that feeling like your best self is no longer defined by the immediate experience a product will give you. Yes, we admit a super silky mane will have you feeling awesome, but she believes there is much more to it.

"As we become more conscious of all the nasty chemicals in the products we consume and discard, we think its important for a product to be sustainable from its conception, up until it is washed down our drain or absorbed into our body", says Catherine. That is why it was so important for her to create a 100% natural and cruelty free product that would not only leave you with that "I can't stop touching my hair because its so soft" syndrome, but also one that would be harmless from its raw form, to conception, and finally absorption into that awesome body of yours.

Not only is the My Mane Care hydrating hair mask perfect for all hair types, but it is designed for women, children and manly men alike! This all natural, vegan, and cruelty free hair mask will get you hooked on the first try. Packed with some of your favourite oils; coconut, avocado, jojoba and even broccoli seed oil (yes you read right broccoli seed oil), it is sure to feed your hair from roots to tips. Say goodbye to dry, brittle, life-less hair or even flaky scalp!

So let's cheer to that feeling that gives you that extra kick in your step! That confidence in knowing that no matter what life sends your way, you'll be able to conquer it because you're feeling at your very best.

Let My Mane Care's goodness leave you and your hair feeling full of life and help you take a stand for natural beauty, for conscious choices, for labels you can understand, for change, for health, and for feeling at your best everyday. You deserve it and mother earth does too.

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OUR LOOKS

WHERE ARE WE LOOKING?

written by kate moss

photo || amanda rogers @amandamarie_photography , model || savannah ferdinand @savferdinand

"OUR LOOKS" - It's funny how common this phrase is thrown around today; everything seems to be centered around our outward appearance: if we're up to date with the latest style trends, if we've mastered the art of contouring or if our hair roots are clean. As we all know, there is too much pressure on us as women to look the part; to show perfection in all aspects of our lives. It's a constant feeling of inadequacy even when we've tried our very best.

But do we not remember? Have we already forgotten how precious we are in the sight of the Lord? Have we placed more importance and confidence in what the world thinks than what our loving Heavenly Father knows? Who are we letting measure our worth? Who are we looking to? Where are "our looks" being focused?

Our self-worth is one of the few instances where we should solely focus on ourselves. Do not compare yourself with others. Instead, compare yourself with the person you were yesterday. Why? Because this race isn't against each other; it's against sin. This life isn't about progressing further than your neighbor, but becoming the person God envisioned for us alone. Do you think that he cares about your outward appearance more than your inward? Do you think He's going to look at us and disregard one of his beloved children just because we aren't as skinny as the next person? "A perfect body isn't required for eternal life," says President Nelson.

Alma 60:23
"...Now I would that ye should remember that God has said that the inward vessel shall be cleansed first, and then shall the outer vessel be cleansed also."

The outward vessel will only be cleansed after the inner vessel. Our internal self is the key cause to our outward change. That's right, our internal self. Why? Because the beauty inside will literally be projected outwardly. Do you need to have the skinniest waistline to be kind? Do you need to have the smoothest golden tan to be a good friend? The answer is a huge NO.

My friend Haley once said,"Your very existence makes you valuable beyond measure. You are an integral part of your society. Your voice is required. Your spirit can change things. You are powerful and capable, and that makes you more beautiful than any flat stomach ever could."

Now I'm not saying that our outward appearance doesn't matter or that being healthy is bad. I love to exercise and I love to eat healthy. We've been given our bodies as a gift from God. We need to take care of them. The slippery slope comes when you put greater value on these things; when you see yourself assigning more time to meal planning, makeup doing, or gym going more than reading scriptures or praying to our Heavenly Father (the things that bring real worth). So do not let your social media profile validate what you want to believe about yourself. LOOK to the Lord. Do not let a little number on a man-made device tell you of your worth. Weight is simply a number, not a character flaw. Our optimal weight is whatever weight you reach when you're living the healthiest life you actually enjoy. And isn't that His ultimate desire for us? To have joy? (2 Nephi 2:27) LOOK to Him.

How do we cease negative focus on our body image? We LOOK to the person who sees our weaknesses as beautiful and always sees the best in us. How do we not see others' successes as our failures? We let them inspire us rather than belittle us and use that to help us see what we can achieve. What can we gain from outward beauty? Nothing. What can we gain from knowing we're a loved daughter of God? Everything.

So once in a while, check to see what your eyes are LOOKING to. Where are your LOOKS being focused on and strive to beautiful in the sight of God rather than in the sight of the world.

BRAVE FACES:
HOW GOING 30 DAYS WITHOUT MAKEUP LAUNCHED A MOVEMENT

BY SARAH GOODSON

What if I cared most about what I think of myself? This is a question that has followed me into my 30's and eventually led me to do something so extreme that it started a global conversation about real beauty.

–

For as long as I can remember I have been fascinated with classically feminine beauty. I used to sit on the edge of the sink in my mom's bathroom and watch her apply her makeup every morning with unwavering attention. I wanted to learn all about mascara and lipstick and all the pretty colors she would put on her cheeks and eyelids. (I grew up in the early 80's so the colors were super special.) By the age I should have known better, I turned into the little girl who raided the babysitter's purse and ruined her lipstick in the 2 minutes she took a bathroom break.

I wasn't allowed to touch purses for a long time after that.

My relationship with makeup continued on as I matured just as is perfectly normal for an American female adolescent. I started wearing makeup in my teens and fumbled through various stages of identifying what my color palate is and what products accentuated the features I liked and downplayed the features I didn't like.

In my early 20's I was introduced to all sorts of new types of cosmetic products, self tanners, micro-abrasion face washes that were supposed to make my skin silky smooth, and the importance of brow shaping. Line fillers, pimple pens, concealers and freckle-hiders, collagen-based foundations, and more! Cosmetic options have always been countless and there continues to be a never-ending stream of new technologies, techniques, and cosmetic treatments to this day.

There is so much upkeep to our looks, am I right, ladies?

How long does your beautification routine take? Mine was running about 90 minutes between my hair and makeup regiment.

Well, one day a little over a year ago I arrived at work late and realized I had done the most terrible thing possible – I left my makeup bag at home. I was too far away to go back and get it, and, worst of all, I was about to present to an audience of 2,000 people with a guest speaker I had flown out from the opposite coast. There was zero time to remedy the situation and I, for the first time in my life, went an entire day in my adult life without a stitch of makeup on. Not only that, my face was projected on two jumbotron screens where people could see my pores at 2000% actual size. I didn't think I would live past that day and a deep part of shame in me wanted to just die.

For some women, this is not impressive. To those women, I applaud you and I think you are so cool. I was not that woman. I was hiding in the bathroom and using an old tube of Dr. Pepper Lip Smackers I found in my glove box to attempt to get some color on my bare, pale cheeks. Desperation at its finest.

When I got home from work that day I was exhausted from hearing the shame tape that played in my head so loudly. It's the tape of comparison, self-hatred, judgment, and embarrassment. I had to remind myself that I was a grown woman and something about my reaction to having a bare face in public didn't sit well with me. After all, I was in my 30's and definitely didn't want to depend on anything outside of myself to make me feel confident.

It wasn't until makeup was removed from my daily dynamic that I really got to "see" what was underneath. Sometimes we have to remove something to assess our attachment to it. Like I said, I wasn't satisfied with my level of inner self-confidence that was revealed to me.

Makeup was my crutch.

My socially acceptable way of hiding. My personality. My fake confidence.

This led me to question my relationship to makeup and my fixation with my appearance. Why did I care so much about people seeing my natural face? Why did I think it looked "bad?" What leads me to believe I need long eyelashes, highlighted cheeks, and glossy lips? What is so terrible about being bare faced?

I stumbled through wonky answers to all of those questions. I was frustrated with myself and didn't like leaning into the discomfort of it all. This inspired me to take action and to do something about my negative view of natural myself. I decided to go one month, 30 days, without any cosmetics.

It started with me and a girlfriend posting daily pictures of ourselves barefaced and sharing what that day felt like with the hashtag #30DaysNoMakeup. We included humorous stories of other people's reactions to us ("Are you sick? Are you hung over? Are you fighting allergies?"), and women loved it. Women loved it so much that about fifty women decided to do 30 days without makeup as well and joined in on our hashtag. Then more women joined and started the following month, and then more kept joining and it's a perpetual challenge that women are taking daily. 30DaysNoMakeup was born and the website launched shortly thereafter. Participants post bare-faced selfies, most without filters, and share authentically about their nakedface shame, what they are learning, and their gratitude for taking the time to get to really know themselves in this unique way. Many women have even chosen to go multiple months of not wearing makeup because it's been so impactful for them.

CONTINUED ON PAGE 48

The coolest part? We simply create the platform for community, resources, and support. Participants are their own teachers, and every woman walks away with something deeply personal and valuable.

Now 30DaysNoMakeup has become a global conversation, stretching from Italy to South Korea, South America to Russia. Hundreds of women from over 50 countries have participated in this brave experiment for various personal reasons.

This is not about makeup-hating, makeup-shaming, or making anyone feel badly about themselves whatsoever. This is simply an opportunity for women who resonate with the same things I do and who want to challenge themselves to face what's underneath their daily routine.

Consider this an open invitation to anyone who wants to face something underneath it all. You can start with simply sitting with some questions like this:

What would going 30 days without makeup feel like? Would it be scary? Why? What is the worst thing that could happen? What do you think you might learn? Could you handle that? What excuses are you making for yourself? Would you consider doing this in the future?

All natural beauty is created equal. Whatever your fear is, I encourage you to face it today with one small choice. You can't go wrong.

TO FIND OUT MORE, VISIT **30DAYSNOMAKEUP.COM** OR EMAIL **SARAH@30DAYSNOMAKEUP.COM**

Sarah Goodson is a born and bred Los Angeles gal. She creates space for miracles to happen in people's lives on a daily basis as a holistic coach and small business consultant in addition to running 30DaysNoMakeup and its global self-love movement.
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THE STRIPPED PROJECT: UNMASKING TRUE BEAUTY

PORTRAITS BY JORDAN ZOBRIST

It is time for honesty and transparency in social media. Let's stop defining beauty by a lack of flaws and start defining it by feeling comfortable and confident within our flaws. We all have them: physical, mental, and emotional. As a result, we all have something uniquely beautiful to offer the world. We have enough women feeling inadequate. We need more women who feel comfortable being real and relatable on social media; women who are not afraid of imperfection.

This is why I started The Stripped Project. I wanted to take women that we traditionally see as perfect and flawless on social media, and strip them down to their natural and honest selves. The Stripped Project is a compilation of raw portraits featuring lifestyle bloggers with NO MAKE-UP and NO RETOUCHING.

It is my hope that The Stripped Project will help women feel confident and beautiful in their own skin. Women do not need makeup, a new wardrobe, and perfect hair to be picture-worthy or to feel their best selves. As a photographer, I often find that what my subject considers to be her biggest flaw is actually her most beautiful and defining attribute. With these photographs, I want women to see themselves as I see them, authentic and captivating with a beauty that is uniquely their own.

QUOTES FROM PARTICIPANTS OF THE STRIPPED PROJECT

"The project embodied something in which I really believe. We women need to show others our real sides. We need to show others, so we can all celebrate reality."
- Athelia Woolley Lesueur - Shabby Apple Founder and CEO

"The Alison Show is about spreading love and joy. There are lots of ways to do that. But I've realized in the 8 years that I've been doing this, that one way I, Alison, can spread love is by unabashedly loving myself and fighting tooth and nail to accomplish my dreams. The Stripped Project just fits that message perfectly."
- Alison Faulkner - www.thealisonshow.com

"I think it's an important message about inner beauty that's not talked about enough especially on social media. The trouble with outward beauty is it never ends. There's always something more you can do to be more perfect. And the essence of inner beauty is coming to the realization that "I am enough"...and resting in that."
Karla Reed – Instablogger @karlareed

VISIT THE STRIPPED PROJECT AT:

www.thestrippedproject.com

Q&A

What made you want to start The Stripped Project?

Women struggle every day with their self worth and body image. We are all striving for an ideal that is unobtainable. First it started with celebrities and their perceived perfection in movies and magazines, now, with the sweeping popularity of lifestyle bloggers, the expectations for perfection has been taken to a whole new level. We are now comparing ourselves to everyday women; bloggers who appear to live an ordinary life that is somehow perfect and beautiful every step of the way. I wanted to take photos that are real and raw, and show us what is really under all that make-up. Ultimately, I hoped to show women that there is more to beauty than physical attributes, and being candid and genuine is the most beautiful thing of all.

Have you ever struggled with a lack of confidence? If so, how did you get through it?

As a photographer, maintaining confidence is an everyday struggle. The enemy to happiness is comparison, and the more I compare myself to others, the more discontented I become. I just have to remember everyone is on their own journey at their own pace, and there is no logical reason for me to compare my accomplishments to the accomplishments of others.

What was it like to work on The Stripped Project?

So incredible. I loved meeting the women, seeing them open up and grow more confident in front of the camera as the shoot progressed, and eventually seeing their smiles as they viewed the images for the first time. I even tried to do many of the photo shoots with no make-up myself, to help my models feel less vulnerable in front of the camera.

How do you feel social media can be used to empower women?

Social media is such a prevalent part of our lives. As powerful as it can be for inspiration and connecting with others, it can very easily consume our lives and lead us to be victims of comparison. The more authentic and relatable we can be on social media, the more we can inspire and empower others to feel confident, beautiful, and comfortable in their own skin.

ARTIST BIO

I am a photographer; a photographer with no professional training that stumbled upon her passion a little later in life. For me, photography is all about capturing the full mind, body, and spirit of another individual in one single image. A moment that is beautiful, magical, and emotional all on its own, without any fabrication. In the end, photography makes me feel like a creator, fulfilling my purpose, and I like that.

SANAH JIVANI

"AT THAT MOMENT, I KNEW THAT THIS IS WHAT I WAS BORN TO DO."

It was everywhere. It was a regular morning during my seventh grade year, but I couldn't help but panic, because I was surrounded by my own hair! All over my pillow, the sheets, the floor. I couldn't breathe. My head felt light, and my heart felt heavy. I knew I had a hair loss disease called Alopecia, but it had never been this bad. I dreaded what I was about to see in the mirror.

When I finally got the courage to face myself, I was completely bald. All of my seventh grade problems stopped seeming so dramatic, and that day, I was forced to grow up and begin a terrible battle with self-hate, self-harm and wigs. The bullying I faced was absolutely unreal. From an online BurnPage made about me to a note in my locker titled "50 ways to go kill yourself," I didn't think I could handle it anymore.

I hit rock bottom, and self-acceptance seemed like the only way to save myself. Before my freshman year of high school, I decided to go without my wig. I posted a video on social media telling my story and opening up. The response I got was absolutely overwhelming; it was crazy to see how many people loved me once I learned to love myself.

I first fell in love with my physical self: the fact that I had no hair, my brown eyes and my big smile. Soon, however, I began to fall in love with my internal self and my story. The joy I got from sharing my story was unbelievable. At that moment I knew that this is what I was born to do. I knew that the bullying, the tears and the sadness were all worth it, because they gave me a unique perspective that I could use to inspire others.

It hurt me so much to know that people all around the globe still struggled with self-worth. That's when I knew I had to do something. I created a non-profit and started a movement called International Natural Day, which is now present in 28 countries. I want to help people love everything about themselves... Inside and out.

On February 13th, I challenge people all around the globe to let go of the one thing that holds them back. This could be something physical, like hair or makeup, or an internal struggle, like a past of abuse or bullying. I chose the 13th because it's the day before Valentine's Day, and you have to love yourself before loving anyone else.

The stories I hear on Natural Day change my life every year. People post photos using "#NaturalDay" on any social media site. Schools/businesses that host a natural day send me photos via email. From seeing a little boy go without his wig to watching a woman get help after facing abuse for years, Natural Day is a day all about breaking free, and it's amazing to see the courage every one radiates on this day. Although people say that I inspire them with the Natural Day movement, they will never truly understand how much they inspire me.

Today, my non-profit collects donations to travel around the globe and share Natural Day's stories, host empowerment sessions, and give schools the resources they need to host a Natural Day. I hope to continue my work over the next few years, and will not stop until Natural Day is printed on every calendar around the world.

FOR MORE INFORMATION, VISIT WWW.INTERNATIONALNATURALDAY.COM OR CONTACT SANAHJIVANI@GMAIL.COM

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MAY 28TH .ME

model || nicole koehler

SEEING YOURSELF AS YOU TRULY ARE

written by || tennie davis

There's this picture of me from back when I was about four. In it, I'm standing in front of a mirror in my grandma's heels, lacy shawl and over-sized hat. I'm holding my arms up high and you can see the big grin on my face as I must have been thinking to myself "Look at how beautiful I am." When I was that age I planned on being the first female president of the United States. I was confident that I was completely capable of anything and everything.

Back then, my parents told me I was beautiful and important and I believed them. I didn't need compliments to prove it. I didn't have to hold myself up to meet any standards of what beauty was or wasn't. That's something that comes with all people when they're starting out. We're born with this confidence that comes from our knowledge (if subconscious) that God loves us. I took as much time as I wanted looking in mirrors and grinning at the reflection I saw staring back because I knew that I was beautiful.

And then I grew up and got tainted. I saw girls in movies, girls in magazines, girls in advertisements, even girls on the street who seemed to have something I didn't. That one had perfect hair. This one had a skinny waist. She had amazing cheekbones and straight teeth. Slowly and imperceptibly, that unwavering confidence that I was beautiful had faded. I began to believe the messages that confidence was based on beauty and beauty was completely external. I mean, I still knew that I was beautiful deep down, but I think I felt like I needed other people's approval too.

For me, the hardest thing to love about myself is my birthmarks. I have lots of them. They show on my arms, on one leg, on my hand and foot and a few on the back of my neck. I used to look at them in admiration, talking about how I was different and unique. But suddenly they stood out and being unique wasn't so beautiful. Nobody else had this many birthmarks. Nobody else seemed to be as different as I was. So I covered them up. I wore long sleeve shirts and pants even in the summer and I acted like they weren't there. Sometimes I would cry at night wondering why, out of all the people in the world, God gave them to me.

Well, eventually I got tired of feeling that way. I got tired of hiding myself and all of my flaws. Through a lot of prayer and thought, I learned a few steps on how to keep myself afloat and confident in everyday life. They're pretty simple but surprisingly hard to do, but I felt the Savior strengthening me and giving me courage to accept my flaws. I also realized that I had a lot of negative thought patterns that were a habit for me, and changing habits is hard, but these simple steps that God showed me have helped a lot.

First, stop saying/thinking mean things about yourself. I noticed all of my friends doing it- every single one- and I started to do it too. For example, when they looked in the mirror, they would say things like "ugh I'm so gross" or "ew my hair looks disgusting today". I realized that saying those things shrink confidence, especially when you say something negative and no one tells you otherwise. It's actually scientifically proven that you begin to believe the things you tell yourself. Now, my standard for whether or not I should say these kinds of things to myself is if I wouldn't say it to someone else, I don't say it. Would you walk up to someone you love and tell them they look terrible today? No, of course not! So if you want to learn to love yourself, start by being kind. Forgive yourself for having off-days and remember that no one inspects you as closely as you do.

Second, the saying fake it till you make it applies to confidence. Walk with your shoulders back and your chin up. Smile at yourself in the mirror. Do the things that make you feel good about yourself, even if you feel like you can't pull it off. For example, I noticed that I loved wearing red lipstick because it made me feel vibrant and like I stood out when I wore it, but I thought it would be weird wearing it because it wasn't 'my thing'. But I decided to wear it anyway because I loved it, and now I wear it all the time and I can pull it off because it makes me feel good about myself. Treat yourself to the things that spark confidence in you.

Third, stop comparing yourself to other people. It is completely unfair to look at someone and all they have accomplished with an entirely different life than you and hold that against yourself. Everything they are is due to decisions they made in circumstances that you've never been in, and vice versa. Don't be mad at yourself for not being what someone else has become. I happen to be a huge Swiftie, and one of my favorite Taylor Swift quotes is: "Never compare {your}self to other people. It is comparing {your} behind the scenes to their highlight reel". I love that quote because it's totally true. When you compare yourself to a girl you see on the street or even someone's social media profile, you're taking all of your weaknesses and flaws and things you don't like about yourself and simply looking at their polished exterior. It's an unbalanced comparison.

Finally, always remember that it's okay to not be okay. It's okay to have days where you don't feel confident. It's okay to not feel beautiful all of the time. It's okay to feel exhausted by your imperfections. Just remember on these days that self-love is a process and confidence isn't permanent. Some days you may feel really strong and other days you might not. And that's okay. It's important to remind yourself when you're feeling this way that God knew what he was doing when he created you. He took his time with you because you're a masterpiece. To him, you're just as unique and beautiful as a sunrise or a mountain range and he's proud of you. When you're feeling low, pray that you'll feel his love for you and you'll remember how important you are to him.

I know this is all easier said than done. I know in real, day-to-day life it's much harder to maintain a healthy self-esteem. But by following these simple steps and re-training your brain to think better things about yourself, you'll slowly begin to feel more assured. I've seen it in my own life. I don't wake up feeling gloriously confident every day, but these things help me to embrace myself and my individual beauty in small and simple ways. By saying kind things to myself, standing tall and smiling big, watching so I don't compare myself to others and praying to feel Heavenly Father's love for me, I have begun to blossom. Through God I have again become that happy little girl in the oversized heels and big hat admiring herself in the mirror. Through God I again believe that I am beautiful. Through God I have finally found my confidence.

STYLE

photo || addison jones, model || claire grayson

ROCK YOUR STYLE

I am a firm believer in always making a solid effort into looking your best, but also a firm believer in sweat pants and lazy days. Because some days I don't feel like touching those closet doors but other days, I want to rip every piece of clothing I own off the hangers and then continue to try each shirt on while mixing with my favorite blue jeans. But I will never step out that front door in something that I don't feel comfortable in and I think that's the best piece of advice I can give anyone. Feel comfortable in whatever you choose to step down those front door steps in. Whether you're treading down in those rad Nikes and leggings or tiptoeing in some pumps and a fit and flare skirt.

While studying fashion I read a lot of "Do's and Don't's", "6 Fashion Rules Women Should Always Follow", and "Dressing Your Body Type". Don't get me wrong, although these are all important to the structure of Fashion, they should not ever ever ever change your personal style.

I always found myself envying the girls who can walk around with their fitted shirt tucked into their jeans, but I never let the things I don't feel comfortable in define my personal style (in fact it actually took me a second to think of something I hate wearing). It's important to focus on the pieces of clothing that flatter you and make you feel like every sidewalk is your own freaking runway and let every other person feel the same. Being your best self also includes helping everyone see their best self.

You know those days when your high waisted pants are too tight and your magic concealer isn't quite magic enough to hide the mountain growing on your forehead? Yeah, guess what, every single person knows those days. The 24 hours are somehow a little longer than normal and every mirror feels kind of like those funky mirrors at carnivals. But remember when the girl in the cubicle across from yours still complimented your hair? It changed your world and you never were able to express how much that meant to you.

Now think about when you were on the other side. It's not your worst day but it's not your best and it literally takes nothing from you to compliment how the new intern's shirt matches his eyes.

In my articles on the BE WISE website, I will be posting my own opinions of trends, my view on color schemes, and my simple joys of shopping. But it would be a nightmare of mine if my words alter the self assurance you already feel.

Being your best self is accepting who you are and your beliefs and not changing what that means just because of the newest fad. No one is going to know better what you look good in and what you feel good in than you. Let the words of stylists, artists, and writers inspire you to search for what makes you feel and look your best. Because that's all we're looking to do.

written by || jolene abram , photo + styling || addison jones, model || sophia sheets

CONSCIOUS *CLOSETS*

BY JOHANNA TROPIANO

I used to escape through shopping. I had major identity issues growing up due to trauma from sexual abuse that fed this insatiable desire to be liked and cool and cutting edge and pretty. So I started shopping early and often. Then at age 23, I married my college sweetheart and was in a marriage riddled with domestic violence and anger and fear for eight years before I was able to get free. Shopping was my escape from that terror. I found comfort in new clothes. I sought solace in things that only satisfied for a minute before the hurt and anger returned. Needless to say, I accumulated a lot of things during that eight year marriage—and a lot of baggage.

By the time I moved away from my ex and up to DC for my job with International Justice Mission, I had accumulated nearly 2000 pounds of clothes and shoes. You could literally say I had a TON of clothes.

Two years ago while living in DC, I met the man of my dreams. We got married and moved to California to start our new life together.

But my clothes weighed me down. I still wasn't willing to part with them all. So much of my identity was wrapped up in Madewell chambray button downs (three of them) and designer jeans (35 different pairs). So we sacrificed and paid the several thousand dollar fee to move my metric ton of clothes from DC to Long Beach where we now live. We chose our apartment based on a closet that could accommodate my shopping habit and even spent hundreds of dollars on renovating it.

I've spent the last several years working in anti-trafficking. Fighting modern day slavery and injustice is my heart and soul. It was what I was created to do. But in a stunning turn of events, what I realized one day after years in this work was how my lifestyle and shopping habits actually contributed to the slavery I was working so hard to prevent.

I discovered that I had competing loves. My insatiable love for fashion, trends and a good deal led to slavery in supply chains. There are over 35 million people enslaved today, and over 60% of modern day slavery takes place in supply chains. Slavery contributes to everything we touch. So something had to change. I was ready to let go of those things in my life that had weighed me down in exchange for freedom, true freedom, not just of men and women and children whom I will never meet, but of myself as well. I decided to only purchase clothing if I could find who made it. That was a place to start.

Since last Christmas, I've whittled my wardrobe down and now my closet is only half full. A fact of which I am very proud. And I recently started an "anti-fashion" fashion blog called Conscious Closets where I help men and women curate a closet that cares more about people then it does about stuff. I introduce people to modern and fashionable brands that are also conscious about their supply chains and how their clothing is made. I continue to be amazed and inspired by how many people care about these issues.

At the age of 35, in a new place and new job and new community, I no longer care to be known by the things in my closet, but rather by my strength and love of people. I want to be known by my passion for justice and beauty. True Beauty. And I'm very thankful to be in a place where I no longer have to escape through shopping. I love being fully present. I no longer need to hide in my clothing.

WWW.CONSCIOUSCLOSETS.CO

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BE WISE

BE YOUR best self *physically*?

If you were a fan of this issue, then we have great news!
There is MUCH more "B.Y.B.S. - PHYSICALLY" ready and waiting for you!

We have worked long and hard and finally created our very first BE WISE online course and it is completely dedicated to the topic:

"Be Your Best Self PHYSICALLY".

For more information, head to www.bewisemagazine.com or email bewisecourses@gmail.com for a special discount as our "thank you" for purchasing this issue of BE WISE.

Can't wait to have you!

photo || lexi collins , model || blaire thomas

HOW WILL YOU B.Y.B.S. PHYSICALLY?

We hope that as you read through the "Be Your Best Self - PHYSICALLY" issue of BE WISE that you were inspired to truly start loving, caring for, and appreciating the body you have been blessed with.
We want to know how you are going to start being your very best self physically.
Share with us how you plan to B.Y.B.S. PHYSICALLY on INSTAGRAM and use the hash-tag
#BYBSPHYSICALLY

We will be picking one winner from these images and the winner will be winning FREE admission to our online course "Be Your Best Self - PHYSICALLY".
GOOD LUCK!

PURCHASE

BE WISE MAGAZINE IN PRINT

VIEW PAST ISSUES OF BE WISE AND PURCHASE IN PRINT ON OUR WEBSITE
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This magazine would not have been possible without all of these amazing people!
We are incredibly grateful for all of their work and support! Thank you all so much!
We appreciate each and every one of you!

in order of appearance...

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Addison Jones
Liz Albrecht
25th Street Boutique
Kat Edwards
Christopher Schoonover
Zuri
APM Models
Stephanie Sunderland
Lexi Collins
Courtney Hill
Braden Young
Nik Roberts
Alayna Smith
Maggie Stewart
Sierra
Amanda Rogers
Mila Adams
Phoebe Farnsworth
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30 Days No Makeup
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photo || addison jones, model || liz albrecht

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BE WISE MAGAZINE

We hope and pray that this magazine has blessed your life even if it is only in a small way. Countless hours and prayers went into the creation of this issue and we hope as you read through it that you not only felt of our love but most importnatly the love of your Father in Heaven. He knows you, He loves you. You truly are a child of God with infinite worth and potential. Live each day with the knowledge of who you are and constantly strive to BE WISE in all you do.

If you enjoyed our magazine please go to our website: www.bewisemagazine.com for more inspiration.

GET FEATURED!

Would you like to be featured in our next issue of Be Wise Magazine? We are looking for models, artists, writers, and companies to feature.If you are interested in any of these options please don't hesitate to contact us! We would love to hear from you!

EMAIL: bewisemag@gmail.com

JOIN THE BE WISE TEAM

You've got the dreams and the skills, now you just need the cheer squad.

If you love BE WISE and want to be a part of our team we would LOVE to have you join us!

We have tons of exciting positions on the BE WISE Team such as . . . Photographers, stylists, illustrators, health and fitness editors, writers, fashion directors, beauty editors, public relations, models, interns, company partnerships, and brand reps.

Along with building and expanding BE WISE, we are passionate about helping all of our team members accomplish their very own goals and dreams.

It is our hope that as a BE WISE Team Member, you will not only be able to take part in all that BE WISE stands for and promotes but be able to strengthen and build your very own empire. We thrive in the success of our Team Members and would love to have you be a part of BE WISE. We commit to "cheer" you on throughout all your own personal endeavors as we work together to help each other "BE WISE".

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