

Keeping it trim and fit !



A lot of people ask me how I manage to stay so fit...

Well, first of all, I must say that I am cursed to stay fit all the time because that is what pays my bills. The beautiful and fit ladies and guys in the magazine required a lot of discipline to get there, but here are some tips to make you feel like a STAR.

Make sure you walk or jog every morning and drink a lot of water without gas. The gas water makes one fat. Eat enough fruits and vegetables during the day and avoid those yummys. Eat meat every other week and remember to say NO to FUFU after 6 pm. But some nice chicken or tuna salad is ok; it is light and still yummy.

As for myself, I am a martial artist and I do kick boxing also that helps me to stay fit and maintain my weight. I barely eat bread and meat. I am not a veggie either.

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We black people are blessed with nice skin, but we have to treat it well in order to have a velvet skin.

How to treat it? Use sponge everyday to scrub your skin. Use the right bath lotion for your skin type, avoid too much sun and mix your daily cream with sun blocker.

Wash your face everyday before you go to bed and use facial cleanser.



For your hair: Use human hair and use a hair color that matches your natural hair. Brush or comb your hair everyday in the morning and before you goes to bed. Use a satin scarf to wrap your hair; it makes your hair look soft and silky. Use hair products that are made for black people only. I make use of ORGANIC and IC, it helps my hair grow, feel soft and silky.

Dry feet: If there is anything I hate about my body, it's my feet. They are not very sexy. Reason, I am always in high heels and that makes my feet look ugly or maybe I am just not blessed with pretty feet. How to solve dry feet? I massage my feet once in a week with Vaseline, scrub it with soap and stone before wrapping it in a plastic bag or woolly socks. Polish your feet to make it look nicer. I polish my feet French.

Dry hands: Mix soap with salt and use that to scrub your hands, cream your hands many times a day and don't forget to cream them before going to bed and the best polish is also the French.

Thank you for reading my column. Remember you are already beautiful, so give your body those treatments it requires to be more beautiful and relaxed and also look healthy.

Visit my website and don't forget to sign my quest book.

www.dayan-kodua.com

Dayan Kodua

FREESTYLE



Mafi Cise, cut on camera in Cameroon, dressed in English for a wedding and on African fabric for a barbecue. Our choice for the 13th edition free styling