

InLife

I N T E R N A T I O N A L

APRIL 2023

TOTAL FITNESS SUCCESS

WHETHER IT'S AT HOME
OR AT WORK, WE PUT
TOGETHER SOME
TIPS ON HOW TO
STAY FIT AND
HEALTHY

TAKE MORE ACTION

FIVE SIMPLE WAYS
TO MOVE FROM
DECIDING
TO DOING

Find out more about

Anna
REDMAN

ONE ON ONE INTERVIEW WITH THE BACHELOR CONTESTANT
TURNED VIRAL TIKTOK STAR



STARGAZER PRODUCTION
AUSTRALIA

OFFICIAL LICENSE HOLDER AND OWNER OF THE
FOLLOWING NATIONAL ALPHA PAGEANTS



Stargazer Production Pty Ltd is the current franchise owner and license owner of Miss Earth Australia.

Over the years, Stargazer Production Pty Ltd believes that we have become a trailblazer in the field of pageantry here in Australia. It will continuously strive to promote grace under pressure and beauty not only physically but in heart and soul in all its endeavors - aspiring to be quintessential, to be an ideal mould in order to continuously host the most prestigious pageants Down Under.

STARGAZER PRODUCTION
ABN 36 638 770 831 | ACN 638 770 831
635 Princes Highway Rockdale NSW
Mobile: 0400 732 919
Email: enquiries@misseeearthaustralia.com.au

InLife

I N T E R N A T I O N A L

EDITORIAL

Founder

Mike Ilogan & Albert Prias

Editor in Chief

Jay Ilogan

Managing Editor

Lourdes Buenafior

Photographer

Bob Reyes

Hair and Makeup

Joy Bartholomeusz

Chief Marketing Officer

Albert Prias

Photographic & Art

Kevin Gamez, FIN Photography, Ash Narayan, James Mao, Brooke B, Raymond Bartholomeusz, Gary Abella, Dave Choo, George Army, Eric Fanacier, Raf Flores, Thang

Marketing

Alex Abella, Krissy Anderson, Eileen Maynigo, Barnes Luz, Jason Harris, Lovely Washington, Charles Chan, Albie Pri, Jenny Hu, Annabel Garcia, John Esquerro, Michelle Palmer, Cameron Wright, Angelica Whitelaw, Joanne Azz, Tricia Richardson, Zenaida Patterson, Gerry Samaniego

Writers & Contributors

Jenny Hu, Anjelica Whitelaw, Shiwani Gurpah, Renae Smith, Holly Phillips, Jenny Hu, Charles Chan, Jill Antonio, Scott Murray, Vanessa Jensen, Leanne Harrison, Patricia Higgins, Judy Flynn, Angie, Katrina R, Joerisa, Rommel P, Christian Q, Christine Claire dela Pena, Dasein Catedrilla

Want to share your thoughts about InLife international magazine or advertise with us? Please email us at krissy@starcentralmag.com

While every effort is made to ensure the information in this magazine is correct, changes may occur that affect the accuracy of the copy, for which InLife holds no responsibility. The opinion of contributors are not necessarily those of InLife International staff. InLife International Magazine disclaims liability for those impressions.

InLife

I N T E R N A T I O N A L

CONTENTS

- 6 True Confessions:** Inside the lives of boat people who undertake a perilous journey to try to reach Australia's shores
- 10 Opinion:** Lessons learned from surviving a life-threatening illness
- 12 Travel:** Five indisputable reasons to visit Boracay Island
- 24 Money:** Five tips to make the most of your secured car loan
- 26 Cover Story:** One on one with Bachelor contestant turned viral TikTok star Anna Redman
- 32 Diet:** A practical guide to staying fit and healthy in 2023
- 34 Motivation:** Five ways to take action in 2023

EDITOR'S NOTES

For most of us, each year marks a chance for redemption, and 2023 is no exception. Every article in this issue speaks to challenge, opportunity, and the transformative power of hope despite the current pandemic.

Every single one of these articles speaks to our faith in the future, and I'm definitely excited to share them with you.

Please keep your eyes on our magazine in the coming years because whatever challenges 2023 may hold, one thing still remains constant: our commitment to you, our readers and friends. God bless.

Lourdes Buenafior
Managing Editor



MEGAWORLD
INTERNATIONAL

Megaworld, the Philippines' leading property developer, allows investors to purchase a unit at its hotels and earn from operations. Both business and pleasure travelers can choose from a wide variety of units, each with a best-value guarantee.

BELMONT HOTEL MACTAN

Mactan, Lapu-Lapu, Cebu

Elevating luxury with a
beachside lifestyle

Within Cebu is the growing, living and vibrant community of The Mactan Newtown, home of the prestigious Belmont Hotel Mactan. A worry-free investment, the Belmont Hotel Mactan offers a prime beachside lifestyle, along its very own Newtown Beach.



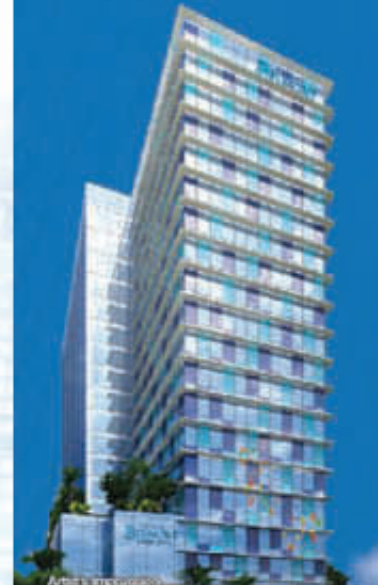
CHANCELLOR HOTEL

BORACAY NEWCOAST

Brgy. Yapak, Boracay Island, Malay, Aklan

The exciting new
face of Boracay

The **Chancellor Hotel** boasts a splendid location within Boracay Newcoast. With astonishing ocean views as well as elegant interiors and sustainable features, it will surely give the best return of investment.



WHY INVEST
IN CONDOMINIUM HOTELS?

Stunning hotel real estate
for the savvy investors

Earn income from this
worry-free investment

Professionally managed by
Global One Hotel Group, Inc.

for inquiries, call

Liz Angeles - 0414 759 890
Josie Tan - 0414 989 041

Maria Conducto - 0413 710 715
Kim Eata - 0430 281 640

www.megaworld.com.ph

fb.com/megaworldphilippines

tw.com/megaworld_ph

ig.com/megaworld_ph



TRUE CONFESSIONS: INSIDE THE LIVES OF BOAT PEOPLE

Below are real stories of two "boat people" who have fled their countries in search of greener pastures. Stay tuned as we share powerful stories of real people who have left behind everything they knew and love in search of a better life overseas.

Mohsen

I am 29 years old and I used to be a panel beater in the southern part of Iran. I initially went to Japan with a tourist Visa and luckily I found a job there so I decided to stay and become an illegal immigrant until I got caught two years later. I eventually got detained and deported to Thailand with no money in my pockets. In desperation, I begged a container ship captain to take me on board. I travelled on the ship for two months and worked without pay until the Captain of the ship offered to drop me off in Indonesia on a boat to Australia. I was hesitant at first but since I was extremely desperate so I took the offer. A few weeks later I ended up in the middle of nowhere and the only thing that I could see in the middle of the sea was a small fisherman's boat and the container ship where I was supposed to be boarding.

I joined other people in the small boat and I was actually with around 15-20 men, women, and children on board that boat. We never spoke to each other and I didn't even know what nationality they were. We travelled for two days on very rough seas until the Australian Coast Guard found, rescued, and brought us to Darwin.

Hadi

I am 23 years old and I used to be a Personal Trainer in Iran. My life was so easy back then in Tehran. I used to rent an apartment and I had a number of clients who I used to train at the gym at least 2 to 3 times a week. You might notice that I actually have a pretty toned body and a face with model features so I used to live like a celebrity – I used to even own the latest Peugeot car. On my 23rd birthday this year, while I was having a drink at my relative's house, my uncle mentioned that if I wanted to further my career as a Personal Trainer the I should go to Australia because I will earn triple the money that I was earning in Iran. I would also have a lot more freedom in Australia so I will definitely enjoy living in the country, plus, he also talked about all the pretty blonde ladies that I can meet and possibly date over there. It sounded really attractive to me – I was sold to the ideal. As you know, after the revolution things changed in Iran. What used to be a free European style living country became a conservative country under a Muslim government ran by the Sha.

A week after my birthday I travelled to Asia and enjoyed a few weeks in various travel destinations until I eventually arrived in Indonesia. A few days later I went to see someone who happens to be a "people smuggler" and I inquired about how I could get to Australia. I asked what was involved and what consequences will I face if I get caught.



He told me nothing but good things. He bragged about the benefits that I will get as soon as I arrive in the country as a refugee – I was definitely lured by the promise of great things ahead. Before I knew it I have already paid him 5,000 dollars to get me on board the next ship to Australia. We had to leave the next day already and when I got to the ship to my surprise, I just saw a small fishing boat waiting for us in a river in Indonesia! I was actually expecting a big ship.

Well, I initially thought it was just a vessel to get us into the sea to board a bigger vessel so I boarded with my expensive suitcase together with 70 other people, around 11 of us were Iranians.

As we approached the big Ocean, I couldn't see any other bigger ships at all so I asked the driver of the boat where he was taking us and he merely replied: "to Australia". I immediately panicked and asked him to turn the boat around because I don't want to continue my journey anymore. But then he just turned around and responded with "too late, you either shut

your mouth or I will throw you out in the water!"

Every passenger assumed that there will be a bigger boat so nobody was ready to travel and nobody brought any food or water on board the boat. We travelled day and night and braved massive waves, twice of these two waves even sunk us for a while but luckily the boat managed to comeback afloat after the ordeal. On board, you will hear a number of people crying and praying all the time in different languages. The good life I used to have in Iran flashed on my mind every now and then throughout the whole perilous journey. I wasn't ready to die or take any of those challenges but then I also understood that there was simply no turning back. I realized that I took a big risk.

After six terrifying days out on the sea, we were eventually rescued by the Australian Coast Guard and we were all brought to Christmas Island. I then felt a mixture of excitement, fear, and disorientation at the time as we went on board the Coastguard vessel which eventually took us to the Detention centre.



SURVIVING A LIFE-THREATENING ILLNESS: LIFE AFTER A BRUSH WITH DEATH

Twenty years ago I was diagnosed with a life-threatening illness - and my world was never the same again.

Here's my story

Back then when I used to live in the Philippines, my life was surrounded by materialism and ambition. Just like any mother who wanted to provide for her family, I actually worked so hard that I was juggling two jobs. My husband was also always away working in the field so we rarely saw each other. We still religiously went to church every Sunday and we also went on holidays together with the kids, but we never had time to actually serve God.

That's why I consider our big move to the United States back in 1989 such a blessing in disguise. Our arrival in the US led us to join the Couple's for Christ community and we've never been happier. This community has thought us a lot, since joining Couples for Christ I have developed a personal and loving relationship with God and I've also discovered the joy in serving God as well as my brothers and sisters in Christ.

Everything was going really well in both our spiritual and personal lives when a piece of shocking news suddenly struck my family. I was diagnosed with a serious ovarian tumor and I needed to undergo a major operation. My condition had so many complications that my ovarian tumor became a life-threatening illness.

Initially, I seriously could not accept my condition. I was serving God so much - how can I be diagnosed with such an illness? I thought God was protecting me??

Of course, in these times of darkness, I immediately turned to God. I prayed and I prayed ... And I prayed some more. I figured that only God can help me now

After a risky operation and four seemingly long months of rest and recuperation - I actually returned to good health. God has answered my prayers, I was healed. It was a miracle!

Looking back over the years, I could honestly say that this specific experience has taught me a lot about life. I have seen first-hand the love of my husband, two kids, relatives, and friends who have proven their love, commitment, and faithfulness towards me when I needed them the most. I have realized that life is short so we should always enjoy and live our lives to the fullest and use our maximum potential to serve God and other people. And I have also realized that God will never leave you - no matter what. His love is eternal and everlasting.

I've also realized that we are all just temporary residents here on Earth, our final place is in fact in heaven with our Lord and Savior Jesus Christ.

It's been a truly life-changing and harrowing experience Now I am running my race for God.

“Looking back over the years, I could honestly say that this specific experience has taught me a lot about life.”

FIVE INDISPUTABLE REASONS TO VISIT BORACAY ISLAND

The beach is the perfect place to relax and enjoy the warmth of the sun or the fresh breeze of summer. However, not all beaches are as beautiful and as exciting as The Boracay Island beach in the Philippines. Boracay Island is a small island situated in Iloilo, Philippines where tourists and locals alike can enjoy playing under the sun or diving in coral areas of the Marine Sanctuary.

The beauty of Boracay has definitely captivated most hearts of travelers, beach enthusiasts, and even party-goers. Now here are five good reasons and reasons why Boracay should be on your map for your next holiday once the Coronavirus restrictions have been lifted:

1. A place of solitude

Even though some areas of Boracay are overcrowded especially during holidays and summer, you can still have your solitude in Boracay. You can spend a day or night at the beach while watching the peaceful beaches on Station one. There are also other secret beach spots in Boracay where you can have your privacy.

2. Easy access to parties

Boracay always holds some of the craziest beach and club parties in the Visayas region. With just a walk away from your hotel or beach station, you can hop from bar to bar and enjoy some ethnic music or jam with the latest groove of disco at the bars. You can enjoy and party at the beach and watch fire dancers perform their skills and tricks. You can also watch the locals create amazing sand sculptures and castles lighted with candles, especially at night.

**Unlimited things to do**

There are plenty of things to do while you're in Boracay. You can rent a KTV and sing along with your friends, go sea diving, explore the Marine Sanctuary, rent a banana boat, go on a road trip, visit the wildlife expo, and many more. Travelling within the island is also cheap and you can always hire tricycles or boats to bring you to the places that you wanted to go.

Convenience if provided

Tourism in Boracay understands your need to purchase something that you want or familiar with. There are dozens of convenience and grocery stores that are lined up every day for your service. Finding the right restaurants that will satisfy your hunger is also not a problem because there are lots of restaurant spots that you can go to. Some shops sell cheap local dishes whilst some provide quality services and dishes at reasonable prices.

Giving you leisure

Boracay provides some of the best pampering services via their spas and saunas. You can always relax and enjoy your day with a full body massage. Famous hotels are also available based on your budget but nonetheless provide leisure and quality services.

Boracay may be a small island with white sand beaches that drives traffic especially in summer but it is also a place that you should go when visiting the Philippines. If you want to enjoy a warm day on the beach that provides everything that you needed in just a few walks or ride then Boracay should definitely be on your map.



MEET THE CMO 2022 PRODUCERS



Flagcom Group has been executing successful events around Australia for over ten years. Their event managers are experienced in delivering a diverse range of industry-specific events. Their clients range from large international enterprises to small businesses. Flagcom Group's in-house specialists prioritise the needs of the client to ensure customer satisfaction and audience engagement for a rewarding and memorable event. Being experts in their field, their professionals collaboratively work with clients to create innovatively, tailor-made events with the intent to inform, impress and improve, establishing the client as an industry leader.



**Better
Homes**
and Gardens.
HOME LOANS



Looking for a home loan for your individual needs?

Our Lending Specialists will take the stress out of finding a new loan and work tirelessly to ensure they find the one that will suit your unique personal circumstances. We can help you navigate through a wide range of lenders and loan features so that you can be sure you are making confident, informed decisions.

Contact us now to speak with one of our experienced Lending Specialists about your options.

bhgre.com.au/home-loans

1300 24 24 73

Congratulations

To all the finalists of
Cover Model Quest 2022



CUBECORP

ARE PROUD SPONSORS OF

**TAYLOR
GONZALEZ**

*"May you continue to strive hard
for your goals, Inspire others
through your actions, and always
be true to yourself!"*

FOR ALL YOUR PROPERTY NEEDS...

PROJECTS

Property Investors
First Home Buyers
Residential & Commercial
House & Land
Apartments



Mark Coronel
0423 237 112

CALL US TODAY
NSW - VIC - QLD

Ling Dan Coronel
0435 346 823

FINANCE

Home Loans
Car Loans
Business Loans
Commercial Loans
Refinance



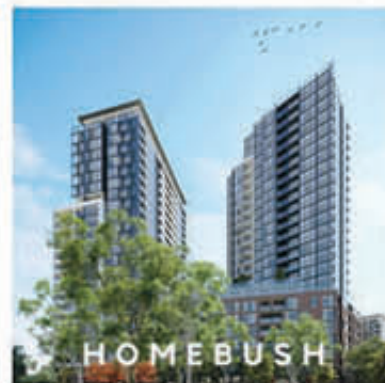
MEET THE CMO 2022 PRODUCERS
StarCentral
MAGAZINE

Based in Sydney, Australia, the concept for StarCentral Magazine was derived from the need to establish a publication that informs and promotes local artists, models, actors and entrepreneurs from all over the world. The aim of the magazine is to make the world aware that there are so many hidden talents out there that remains overlooked, untapped and undervalued. StarCentral Magazine is widely recognized as one of the leading entertainment sources in Australia that provide up and coming talents with an authentic platform. Since its debut back in 2005, it has not only thrived but also managed to make a powerful presence online. StarCentral Magazine's social media network consists of several distinct Facebook fan pages that have a combined following of over 400,000 fans; the StarCentral magazine website garners more than 9.5 million readers a year (daily 25,000 plus readers). StarCentral Magazine (both print and online version) also has a total readership of over 85,000 plus readers per release.





MILLIONAIRES ALLIANCE



TO REGISTER PLEASE CONTACT
Vicky Chew: 0449 551 236 | Grace Kim: 0434 069 052
www.millionairesalliancebusinessgroup.com.au
vickychev@millionairesalliance.com.au



MILLIONAIRES ALLIANCE



Kogarah Central



Premier Kogarah



Evo Fairfield



Evo Fairfield BC



TO REGISTER PLEASE CONTACT

Vicky Chew: 0449 551 236 | Grace Kim 0434 069 052
www.millionairesalliancebusinessgroup.com.au
vickychev@millionairesalliance.com.au

A woman with long brown hair, wearing a white wide-brimmed hat, a white short-sleeved dress with ruffles, and brown leather boots, is sitting on a sand dune. She is holding a brown leather crossbody bag and sunglasses. The background shows a beach with wooden posts, waves, and a blue sky with light clouds.

studio49
photography

49 Johnston St, Annandale NSW 2038
Phone: 0416 095 875

HOW TO WISELY MANAGE A CAR LOAN

In countries like the United States, it is important for working people to have a car for transportation. However, an average American is not capable of purchasing a brand new car through a one-time payment. As a result, people would resort to acquiring a vehicle through car loans. In all actuality, a car loan can be paid off within 4 years the most. And the ease of payment within those four years would depend on how you wisely manage your car loan.

If you are earning enough for your car loan's repayments, then, just consider it just the tip of the iceberg because you still have to think of the other expenses related to owning a car—insurance, gasoline, oil, and tires, among others. On top of that, there are still other expenditures that you have to accomplish such as food, rent, other mortgages, utility bills, tuition fees, and more.

With this in mind, a person who has a car loan must manage well his or her expenses in order to pay off the said loan as smoothly as possible.

The first thing you have to do before actually jumping into a car loan is to think of your budget. It is important that you put into writing your monthly cash inflows and outflows in order for you to have a clear view as to what amount you can actually allot on your prospective car loan or if you can even afford to apply for a car loan. Thus, a monthly budget will make you realize a lot of things before you actually sign up for one.

If you deem that you are ready for a car loan, then, by all means, exhaust yourself in finding the best car that will suit your financial situation. There are online calculators that you can access on the internet so you will be able to determine your monthly payments provided you key in your monthly income.

If the calculator gives you a projected amount that is way beyond your capacity to purchase, then, look for another car that is less expensive; keeping in mind that you need to pay off the car within 4 years the most.

Once you think you already found a good deal for a car loan; the next step you have to do is to choose the best repayment method that will work for you. There are a lot of options such as paying online, in person at the financial institution, auto-debit from a bank account, and by mailed check, among others. It is to be noted that an automatic debit from the bank account carries an advantage that a lesser interest rate will be charged because of the timely repayments made. You just have to make sure that your bank account has the available funds to cover the repayment. Make sure you will not miss a single repayment in order to avoid charges that will eventually blow up your interest rate. Lastly, read the terms and conditions associated with the car loan and abide by everything that has been stipulated in the contract in order to avoid being penalized by fees that will yield increased charges.

In cases where you just cannot afford the monthly repayments anymore somewhere along the road, then, you have the option to refinance your car loan. This way, you will be able to switch to a much more manageable loan plan that will work for your budget.



INTRODUCING

Anna Redman



Bachelor contestant turned viral TikTok influencer Anna Redman is here to share all the must-haves for the holiday season. Whether you're shopping for your significant other, parents, siblings, or even yourself—Anna has all the tips and tricks for the most unique and thoughtful gifts for every special someone in your life. Besides the shopping season, Anna spreads positive and relatable fashion, glowing makeup, interior design, and healthy relationship insight to her dedicated fanbase.

Born and raised in a small town in Minnesota, Anna truly is a small-town girl at heart with tips on how to thrive in any city.

We recently caught up with Anna to discuss her journey in the industry, and here's what went down:

Could you please tell our readers a brief background about yourself?

I grew up in a small town in Minnesota and moved to Chicago for school. I've always been a super crafty and creative person, so I knew a regular 9-5 was not what I would be striving for. I worked through school to get a degree in creative advertising and started a big agency! Working in the creative advertising sphere taught me so much about the business behind social media—that experience was truly priceless.

But I ended up quitting mid-pandemic to take my shot at finding love on reality TV. That didn't work out, but I did end up meeting great people during the experience—most notably my current boyfriend.

How did you become an international influencer? What's it like to be an influencer?

The show gave me a good step to start when it came to building a career in social media, but the real work started happening a year later. I started filming everything and posting it on TikTok, and people really liked it! So now, I still work in advertising full-time, and I do social media full-time. It's a great, fast-paced, hectic, and fun life!

What has been your greatest triumph, to date?

Career-wise: hitting 100K on both TikTok (@annaredman) and Instagram (@anna_redman). It's crazy to think that 100,000 care about my life and what I'm doing! I really appreciate every single one of them.

What has been your greatest lesson, and how have you used that lesson in your life?

Not to put weight on other people's opinions.

If you think too much about what others think of you, you'll never achieve anything! You'll be too scared to be the "true you," try new things, or in my world, post online!

If you could travel back in time and alter one historical event, where would you go and what would you attempt to change?

Keeping it light: Add cheerleading to the first Olympics! It deserves more hype.

What do you think you came into this life to learn, and what do you think you came here to teach?

I think I'm here to learn selflessness.

I feel like I've been on a spiritual journey this year, which is learning about ego and unlearning listening to it.

I also think I'm here to spread happiness—not really "teaching," but hopefully, it counts.

If that's through my jokes online or in person with my friends, I just want everyone around me to feel good and happy.

What projects are you working on right now?

I've been grinding out projects like crazy for the last few months of 2022. So my current project is myself. To get myself in a pique physical and mental state so that I am ready to take on the next opportunity.

Can you give us some tips and tricks for the most unique and thoughtful gifts for every special someone?

I think the best gifts are acknowledgements that you've been listening to that person! Take note of their special interests or if that says they need something or want to try something—and give that as a gift! Gifts should scream, "I KNOW YOU."

What would you still like to attempt in your career?

Everything! I'm at this cool crossroads in my life where I'm looking into what's next! It could be anything from starting a brand or trying to get my foot into the acting door! Who knows.

What advice would you give to those hoping to follow in your footsteps?

Manifest! Manifest! Manifest!

See yourself where you want to be, actually BELIEVE you could do it, and then put the work into getting there.

Photo Credit: Kim Kovacic





TV1 is an entertainment and lifestyle global streaming platform offering Australian content. TV1 promotes the most exhilarating events, the most glamorous and successful people, the most in-demand celebrities, the hottest rising stars, and the most exciting trends down under. TV1 may be new but it's most certainly in demand and 100% Australian. We are committed to making Aussie local talents, events, and entrepreneurs easily accessible to both our local and international audiences via the highest quality streaming technology.

Co-founded by the StarCentral Media Group and the Australian Millionaire Business Network, the TV1 channel is the home for independent Australian Screen content. We very much welcome our local screen practitioners from emerging through to the established to make TV1 their home. By streaming your content on TV1, you join a family of rising stars, entrepreneurs, celebrities, and various artists.

MISSION: Our mission is to present the most unique and compelling original Australian content by tapping into the hottest local talents and events.



NEW YEAR NEW YOU: A PRACTICAL GUIDE TO STAYING FIT

If you are becoming too nostalgic recently, that is probably because time flies too fast and we are now again traipsing our way into a new year. This means we're eyeing seemingly endless gatherings and family reunions. Sounds fun? You bet! But the fun won't last longer than the period of merriment as we begin to notice bulges and fats getting comfortable in our bodies. Now, that's not sweet, is it?

With the mark of the new year coming our way, excessive eating has also found its saccharine vengeance against our rejuvenating, healthy lifestyle. It is the biggest culprit that always makes us surrender ourselves to the temptation and we pay the price so devastatingly the moment we feel our weight on the scale. The truth is –fitness does not have to be back-burnered. You can still enjoy the sumptuous food while keeping the abs; you just have to learn to get ahead of yourself. Here are a few practical ways on how you can stay fit this new year 2021.

Practice small frequent feeding

Proper meal distribution will keep those extra pounds at bay. While the sight of palatable goodies distracts you from keeping your healthy routine, avoid eating big portions all at once. You can also inject the idea of walking before hitting the sack as it will contribute to proper food digestion.

Eat before you party and do not skip meals

Ensure that you take your meal first before you frolic at parties, family reunions, or any sort of gatherings where there will be plenty of food. By doing so, you are saving yourself from overindulging or overeating. The idea here is to fight temptation as much as possible and this is a very easy job when your stomach is full. Moreover, skipping meals would do more harm than good since it is often known for its counterproductive effects.

Encourage outdoor activities as part of your celebration

Family reunions are the best occasions in which you can infuse some outdoor activities. Appreciate the beautiful weather outside while doing energetic pleasures and other physical games. Who says you can't burn those calories while enjoying your family get-together?!

Know your beverages

Get rid of those extra holiday weight by knowing which alcohol or beverage is more damaging to your lifestyle. When you figure this out, remember to drink in moderation. Excessive alcohol drinking could invite more pounds faster than your unpleasant eating habits.

Embrace your fitness routine or find alternatives

Hit the gym whenever possible or make use of the space in your house. The goal is to keep your body as active as you can to burn unwanted calories. Other alternatives would be walking around the parks, jogging at night, or even biking. No matter how much you eat, these activities would make you feel better at the end of the day.

The easing of the Coronavirus restrictions means that there will more gatherings with family and friends. With friends coming over and parties happening everywhere, it would be too difficult to separate ourselves from the entire merriment that circulates us. Staying fit calls for unwavering self-discipline and it is the only way to keep the guilty grinch away.

FIVE WAYS TO TAKE ACTION AND GET ORGANISED THIS NEW YEAR

It's hard to believe 2021 is already here. 2020 has definitely been an extremely challenging year full of change and uncertainty. As we are all aware, the COVID-19 situation continues to evolve further and we are still dealing with a massive global challenge as the COVID-19 pandemic continues to escalate globally impacting how we all operate and manage our businesses and lives day to day.

In addition to the immediate and serious health concerns, we are also seeing a much wider impact on all of our lives as well as the global economy as a whole. Understandably, there is a considerable sense of unease all over the world.

So how do you plan to welcome the year ahead?

New Year, like the sun, is almost shining its rays on us. A couple of days from now, we will be celebrating the coming of new hope, a new inspiration, and a continuing triumph against the challenges in life. It is a display of loud and colourful fireworks thrown into the vast sky, a grateful celebration of the year we bid goodbye to, and a hopeful invitation to a new slate in our life. But what does it really mean to you?

Every year, we are faced with heightened anticipation as we lay out our goals and plans for the year ahead. We think of it religiously in the promise of daily opportunities and 365 days of chances. The more it draws itself to us, the brighter we see ourselves in its glorifying blessings and exciting beginnings. We look forward and bombard the first midnight with endless wants and wishes that we sometimes tend to forget the sturdy platform where these plans of ours stand—our inner self. So how do we work on ourselves to be able to successfully map out an organised 2021 despite the pandemic looming over our very heads?

Leave Unnecessary Things

Needless to say, de-cluttering may be one of the most neglected words we have but this year, be the difference that you desire and start by offloading stuff that you don't actually need. This goes beyond tangible things since often, your negative emotions like anger and grudges take over your life. Release the bad vibes in your life and carve a path for a peaceful surrounding and stress-free day to day living.

Prioritise Big Things and Lift Your Littlest Ambitions

Maneuver every now and then to reckon if you're doing the right thing at the right time. Are you caught up between the rocks of your short term goals and long term aspirations? Visualise yourself and maximise time by weeding off your life-destroyers and pick up the points that strongly contribute to your self-effectiveness and spectacular rewards.

Make Friends With Your Calendar

Mark important dates such as school and business appointments and devote a time that is solely assigned for you to face your to-do lists and accomplish those set-off goals.

Start a Healthy Financial Management Strategy

Know all your finances by heart and arm yourself with strong self-discipline and a realistic budget. File your bills accordingly and limit your credit card expenses.

Stay Focused

The way to an organised year entails hard work and conviction. There will be days when following all your set life draft may seem impossible and this is where staying focused on your vision comes in. Your self-productivity and time management play a lead role in keeping you present and motivated.

The countdown for New Year begins with you. It's a blank space waiting for you to take as you shape your destiny so take it, draw your vision of life, write your big dreams in it and get up to steal them. 2021 is here, embrace it!

WWW.GLOBALELITEMEDIAGROUP.COM

PRESS RELEASE DISTRIBUTION

Get yourself "As Seen On" ABC, NBC, CBS, FOX and
more to gain INSTANT Authority and Credibility

