

# FEEL-GOOD SECRETS

What gets you started in the morning? And what makes you feel good? Nelson Mandela Bay personalities say whatever your shape or size, loving your body makes you shine



**MANDLAKAZI SKEFILE**

I can't start my day without meditation



**AARTI NAROTAM**

I can't start my day without gratitude, lemon water, rooibos



**NOSINCOYO**

I can't start my day without refilling my spiritual account



**COURTNEY HALL**

I can't start my day without having a cup of coffee and quiet time



**TANYA WYATT**

I can't start my day without being active in some way



**POSITIVE VIBES:** Yoga teacher and professional model Valene Sampson

**Nelson Mandela Bay Tourism CEO MANDLAKAZI SKEFILE**

I can't start my day without meditation. It helps me to remain focused and not take some matters to heart.

My feel-good body secret for now is drinking about 500ml of water soon after I have woken up. This helps to flush out my system.

**Lecturer and dramaturg AARTI NAROTAM**

I can't start my day without gratitude, lemon water, rooibos tea, meditation, and some self love (in any order).

My feel-good body secret is mantras – they are so powerful. Any mantra which works for you and is underwritten with love and positivity is guaranteed to make you feel great!

**Vision4 trainer and entrepreneur NOSINCOYO**

I can't start my day without refilling my spiritual bank account by listening to gospel songs, prayer, meditation and reciting daily affirmations to face the world with confidence.

My feel-good body secret is a balanced diet and exercising at least three times a week.

**Sophisticate Models founder and businesswoman GAIL BROWN**

I can't start my day without my early-morning prayer and 10-minute "me time" with Nescafe with coconut oil followed by an omelette. This protein breakfast is a healthy kick-start.

My feel-good body secret is to stay positive and true to myself. Start with your overall image.

Get to know your body and work with it. Dress up and you will feel great, so take care of your hair, skin, nails and so on.

Don't ever let yourself go... at any stage or age in your life. Looking good and taking care of yourself, will make you feel good about yourself!

**Graphic design student and lifestyle blogger COURTNEY HALL**

I can't start my day without having a cup of coffee and having my quiet time.

My feel-good body secret is to follow a balanced diet and find an exercise programme that is best for you. I accept my imperfections. I find an outfit that I like and that I can wear confidently.

**Yoga teacher and professional model VALENE SAMPSON**

I can't start my day without a cup of tea followed by my yoga flow.

My feel-good body secret is to always put out positive energy in order for me to draw greatness into my life.

**Nutrition and lifestyle coach TANYA WYATT**

I can't start my day without a plan for physical activity of some sort.

I don't train daily, but I do like to be active as much as possible throughout my day – working, teaching an exercise class, taking my pitbull for a walk, or working in my veggie garden.

My feel-good body secret is remembering that my self-worth has nothing to do with the shape of my body!

## CAN'T START MY DAY WITHOUT...

Good stretch, kiss from hubby and a prayer of gratitude

**ENTERTAINER, singer and actress Niqui Cloete-Barass**

I can't start my day without a good stretch, a kiss from my hubby and son, and a quick prayer of gratitude.

The fact that I am waking up with a healthy body, in a warm bed surrounded by my loving family means I am vastly better off than most people in our country. I believe that health and beauty starts from within – a cliché because of its truth –

and gratitude is perfume for the soul. So I start my day with soul perfume and it keeps me feeling good for the day!

I also can't go without coffee. It may not be endorsed by health gurus but if I don't have my coffee, the health of those around me is in grave danger.

My feel-good body secret is not to compare myself to anyone else. I'm no Kate Moss, but, then again, Kate Moss is no Niqui!

The majority of women look in the mirror and see all the faults in their bodies. I used to be the worst of them. But I have learned to see beauty in the details – strong calf muscles, healthy skin, pretty feet, expressive eyes.

Women make wonderful friends – they are so great at building each other up. I believe we should each treat ourselves the way we would a best friend.

Find a health plan that you en-



**NIQUI CLOETE-BARASS**

joy. For me, karate ticks all the boxes for cardio and strength training, and it makes me feel like a NINJA!