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BUFF PATTERSON



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AUGUST 2018

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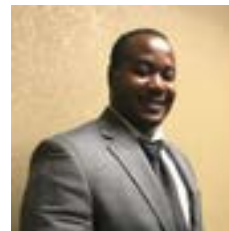
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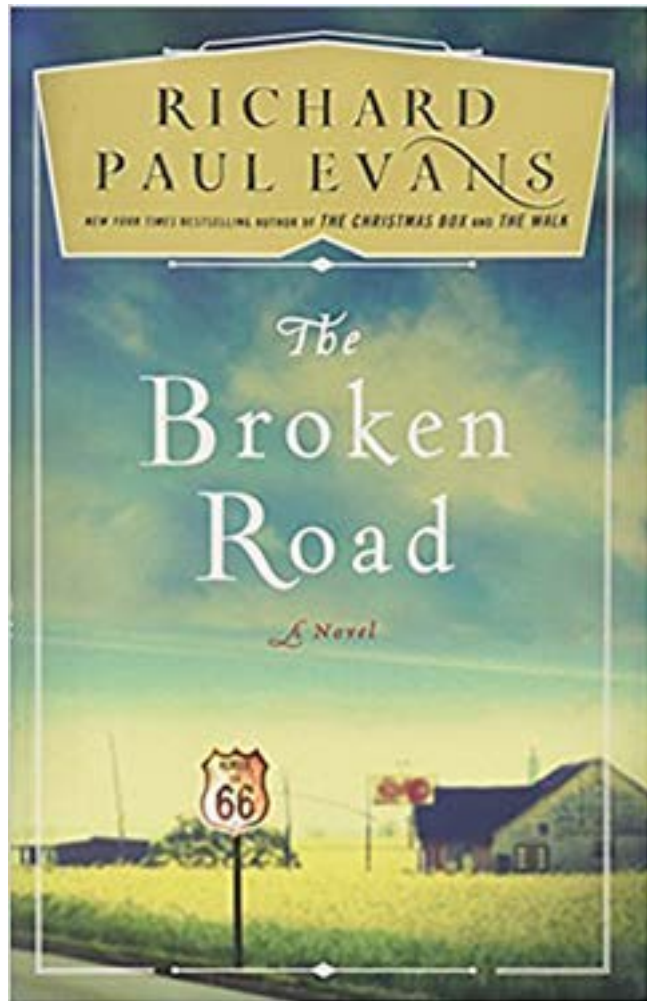
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FEATURES



Will you sell your soul in order to become that successful, cold-hearted individual who only cares about himself or will you let God come in and groom you and put you on the right path, His path for you?

In one way or another, we have all experienced brokenness. Whether it was losing a loved one, being abused, losing a job, or even losing oneself. It is one of the most difficult things to experience, not knowing or even feeling as if we would ever thrive or even survive in this world again. In Richard Paul Evans novel *The Broken Road*, he takes us on an adventure that could jeopardize everything he always wanted and dreamed of. With every turn of the page, Evans takes the reader down Route 66 as he strolls through his life.

Charles James came from an unusual family and background. There were mornings when his father woke him up to go scavenge for food. Charles's family was poor. They didn't have much and the only way they survived was by Charles diving into dumpsters in the wee hours of the morning looking for food.

However, that wasn't the only thing that helped to propel Charles on his journey to success. His father's blatant disrespect and abuse drove Charles to leave his family. He couldn't take it anymore. He had to be anywhere else except home.

The story opens as Charles is given the dream of a lifetime. He is on stage persuading the audience to depart with their hard earned money to have a chance at a better life. "This is a once-in-a-lifetime chance for you to do something," he told the audience. "This is a once-in-a-lifetime chance for you to be successful and wealthy beyond your wildest dreams." At that moment in time, Charles had captivated his audience. He had begun the method of swindling people out of their money.

Later, after learning one of his clients committed suicide, things began to change for Charles. He began to question if his so-called success was legitimate. Even though success was good—really

good—he couldn't shake a feeling of dread. There were nights he woke up in a cold sweat, shaking because of the vivid nightmare he was having. This nightmare wasn't just any nightmare; this nightmare took him on a walk down Route 66.

The pavement was hot and fire was all around. The only thing he could do in his dream was walk. He couldn't escape. He was surrounded by fire. His nightmare wasn't haunting at first but soon became more vivid. He began to hear people screaming, crying, and wailing. Was he doing anything wrong? So what if they wanted their money back? Charles was successful beyond his wildest dreams, and that was all that mattered. Then it happened! Charles was given a wild card. He was given a second chance to make it right, to begin the long journey down Route 66 attempting to correct his path. What would he do?

There are things that shape and mold us as we stumble through this thing called life. There are always going to be ups and downs, changes, twists, and turns. There will be opportunities to achieve something or create your own destiny. The question is: Will you sell your soul in order to become that successful, cold-hearted individual who only cares about himself or will you let God come in and groom you and put you on the right path, His path for you?

THE LYFE MAGAZINE

JUST A THOUGHT

BOOK REVIEW

BERYL BRACKETT



Looking for a job straight out of high school? If you aren't, you should be. A job out of high school is the start of a healthy career...You see, a job after high school allows you to fund college. And, it gives you years of job experience ahead of your peers.

If you don't want a college degree, then no worries. There are many high-paying jobs that don't require a college education. You just need some training, licensing, and a few years of experience. Below, we're going to talk about those jobs. Specifically, we'll list eight from varying industries and interests. Check them all out and decide where you want to be!

Truck Drivers

It's a stressful job. But it's one that pays high. You can drive a van that transports simple items. With proper training, you can get licensed as a truck/lorry driver. Being a truck driver pays a lot of money. Delivery van drivers can make around \$30K per year. Lorry drivers, especially interstate, can make up to \$90k per year.

Brick/Block Masons

Jobs here can pay you around \$47K per year. The best part? It's in construction which is a common industry for graduates with no post-secondary education. You'll first need some experience apprenticing with others for lower pay. With a bit of experience, you can do bricklaying and repairs for good money.

Real Estate Agent

Average salaries here can be up to \$43K if you work for a corporation. As a real estate agent, you don't need a book and you don't need a classroom education because you learn everything from practice. You're looking at client demands and housing market data. Then, you're using negotiation and marketing skills to push for your client's needs. You can make serious money here in the long-run. After you build your reputation, you can start your own agency and, possibly, you earn a six-digit income.



Home Health Aide

Average salaries are a bit low here since you don't need much experience. You can make around \$25K per year but expect the income to go higher, as more baby boomers retire. As a home aide, you don't just deal with the elderly; you also deal with people with disabled people. It's an excellent career path for the empathic and those who love the indoors. There are also options to work at a retirement home or other facility.

Customer Service Representative

You can make \$32k to \$50K per year, depending on your performance. The reason for the salary range is CSR fields are quite sensitive. Here, you're not just dealing with inquiries; you're dealing with the complaints of clients and, sometimes, even emotional rants. As CSR, you represent a brand and that matters a lot. You'll need communicative and emotional intelligence in addition to the technical expertise of solving client problems. It's hard a job but do well and you'll get paid well.

Cooks

You'll make \$25K per year. This is the low-entry job on your path to being a chef. It's the place to be if you love food and the art of making it. Regardless, it takes years to climb the kitchen hierarchy. But, with some years of experience, you can make \$47-\$50K as a chef. As a high-status sous chef, expect to make much more.

Insurance Sales Agent

On average, you make \$49K per year. Thus, expect to make somewhere around \$27K at an entry level. Insurance is a utility to many people today. Selling insurance is a job that pays on the basis of competence. Bring in more sales and watch your

salary go higher. You also gain sales experience and this is something you can use in many-many jobs, which will be handy if you don't like selling insurance. You gain skills applicable to multiple industries, which is always a positive for your CV.

Ambulance Driver

Being an ambulance driver is a high-stress job. Here, you make \$24K per year, at least, and it doesn't require technical skills beyond being an excellent first respondent and the ability to drive fast.

Other Jobs

There are thousands of other specialties that demand you. This list just gives a few starter options. Do your own thorough research and pick the job that best suits you.



THE TOP 8 JOBS FOR GRADUATING HIGH SCHOOL SENIORS



Buff Patterson

LOS ANGELES' RISING COMEDY LEGEND

Living life in color begins with stepping out on faith.

By Gerald C. Anderson, Sr.

There are many moving parts to Buff. She's a mother, an ex-wife, a daughter, a sister, an employee, a motivator, a woman-on-the-go, an inspiration, and a best friend. Most of all, she's a motivated Christian woman designed to empower and encourage others. In the process, she just wants to make you laugh.

When I met Buff Patterson, I quickly realized that she was an amazingly funny person with an outgoing personality. It didn't take her long to go into a little of her comedy routine and, yes, she had me laughing.

Her mother named her Buff because she was only 2.5 pounds at birth. Even then, she couldn't wait to get started putting her mark on the world. Buff said, "What my mother didn't know was that my name was going to be more than a moniker; it would be a venue to encourage and inspire generations of women in their most honest and authentic form."

Buff was born was born in Las Vegas, Nevada. She later moved to Southern California with her parents. Her mom is from Mississippi and her dad is from Texas. Her parents were determined to bring southern living to South Central Los Angeles, where she grew up. Her parents bought her a goat to slaughter for her fifth birthday party. The goat got out and was chased through the streets of South Central until it met its fateful end and was roasted at her party. If she is given a farm animal for a gift, you better believe it will be eaten. After that, she stopped naming her chickens, goats, and duck pets.

Her faith has been fired tested. She has been divorced twice and has given birth to four girls and one son. She also adopted and girl when her best friend died at 40. The last of her children are twin girls.

Divorce is one of the hardest situations to deal with. Nobody goes into a situation wanting to fail and, when it happens, you don't prepare a plan B. Forgiving yourself and others is an important part of growth. Buff knew that, no matter what was

going on with her, she had her children looking to her as an example of what to do next.

Buff found comedy material in raising her six kids. "Each child being different and me throwing the instructions away that came with their box except for my Bible has been the only instructional manual I need," she said. Buff continued, "You never stop being the parent, even when they remind you they are grown but suddenly need your undivided attention and wallet when called upon. Kids!"

Buff's love for fashion, writing, and fitness began in high school. She involved herself in these things to escape peer pressure. Appearing in fashion ads, commercials,

and fitness competitions inspired her to begin her In The Buff. She also worked with her husband on starting P-Trains California BBQ Cooking.

Cooking and fashion are her first loves. Betty Crocker and Vogue were the first books she learned to read. She's catered large events for weddings, festivals, and sporting events. Cooking mouthwatering collard greens for 2000 people is a fete.

Buff was quoted as saying, "Living life in color begins with stepping out on faith." She started inthebuffmagazine.com at almost the same time as she started her standup comedy career. She was 50 but being 50 didn't stop her. She said when most of her friends were slowing down, she was speeding up. Being over 50 myself, I can certainly relate. She goes on to say, "I was learning to be in the best version of myself every day."

Buff's love for encouragement and support began with training women to get in their best physical shape. Her

training concept is "love the body you are in and never speak negatively about yourself." She always says, "You are your own best friend."

The mission of Buff's pride and joy, In The Buff Magazine, is to unite women globally and inspire them to live as their best selves through food, fitness, fashion, community, finances, health, and family. In The Buff isn't about fashion; it's about keeping our closets and makeup bags up to date by investigating true classics with a splash of excitement. After all, life is too short to wear boring clothes".

Buff continually wants to empower women through acceptance and give them a vision and a unique perspective on how they can get their lives together. The belief that it's never too late to achieve your desires and dreams is what she's living.

With most entrepreneurs, it's scary to step out in faith and do what God has called you to do. Buff believes that she



has made it only by the grace of God. She reminds everyone that her dreams have been accomplished only through her faith.

Recently, Buff stepped up her comedy gigs. She wanted to build up her fan base and its moving quickly. She said, "Oprah the person was in effect before O Magazine. I realized that I had to get myself out to be seen and heard. I couldn't let fear paralyze me."

When asked about her comedy, Buff responded, "The comedy bug has always been a part of my life. I was always the person at Target cracking people up in line. Making people laugh in Target is totally different than being on stage in front of people that are paying you to make them laugh. The first time I got on stage, I think I passed out in my head. I couldn't believe I had talked myself into doing standup. I mean, isn't growing a magazine ambitious enough? Not for me. What made me think I was funny enough to get on stage?" After my first couple of conversation with this amazing lady, I realized she belonged on stage. She didn't appear nervous at all to me.

Buff continued, "Growing up with my family and having six kids and two ex-husbands alone is comedy! It hasn't been easy. Creating a platform for my magazine and performing onstage has been insane. God continues to be with me as I grow me."

I asked Buff to provide some advice for others coming behind her. "Don't be afraid to step out on faith. Remember, 'Rome wasn't built in a day!' I look forward to building all of my brands and growing my fan base. My goal is to see, 'ARE YOU IN THE BUFF?' blinking in New York's Time Square because we all need to live in our best version of ourselves."



Growing up with my family and having six kids and two ex-husbands alone is comedy!



Follow Buff Patterson

Facebook: www.facebook.com/inthebuffmagazine

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FAITH OR HOPE?

By Shawn-Ta Wilson

If a poll were conducted, the results would probably indicate the vast majority of the population says they have faith to one degree or another. What I have learned, however, is people can confuse faith with hope. There was a time I did, just because I didn't know enough about faith.

Until the pressures of life are bearing down on us, faith, at best, is a concept with which we are merely familiar. It is when life requires us to walk in and live by faith that we find out just how much we truly have! Until then, it's difficult to grasp the meaning of faith in its fullness. Most likely, we operate from hope more so than faith. With hope, though, often comes worry. Have you ever asked someone about a situation they were facing? When they answer, there is a look of concern on their face as they say, "I'm hoping everything will turn out okay."

Faith fixes our countenance and allows us to speak more positively about a matter. The answer from a person standing in faith may be more along the lines of "I don't know how God's going to fix it, but I know He will!" You can hear the anticipation and excitement in the person's voice.

When we are in faith concerning a matter, we are not sulking while we wait for the Lord to work things out. We are confident and optimistic. Faith gives us a spirit of expectancy. Hope leaves us with a measure of doubt. Faith does not mean everything will work out the way we want it to. It means we believe everything will be okay regardless of how things work out. So I ask you: Which do you have; faith or hope? Considering the current climate in our country, I highly recommend faith. Without faith, even the daily affairs of life can be overwhelming. School will be starting soon. Shootings on

What I have learned, however, is people can confuse faith with hope. There was a time I did, just because I didn't know enough about faith.

school campuses have become a growing concern. As parents, do we hope our kids will be okay or are we living by faith that they will be? What's the difference? If we are simply hopeful, it opens the door for worry each day as our children leave the house headed to school. The worry we feel will change our demeanor. Children are perceptive. They will be able to recognize our concern and internalize it. We certainly do not want to transfer that to our children as they start their day.

When living by faith about their well-being, we can send them off to school cheerfully each morning with the expectation that God will cover them and bring them home safely at the end of the day.

Regardless of what we say, it is how we act, how we maintain and conduct ourselves,

that confirms for us and others whether we have faith or hope. Anyone can profess faith but, if their actions do not line up, what they really have is a level of hope.

Faith should help us sleep better at night than hope. The worry-factor associated with hope can keep us up pondering all the possible outcomes of a situation. Faith, on the other hand, means we've turned the matter over to God and we trust Him to work it out for good.

Examine your responses to the pressures of life. You'll be able to determine if you're living by faith or hope. Scripture reminds us that "the just shall live by faith" (Hebrews 10:38) and "without faith it is impossible to please God" (Hebrews 11:6). These two reminders alone make it clear we should choose faith over mere hope.



[Click here to purchase from Amazon.com](#)

More than half of kids 9 and up fall short on essential nutrients they need to grow strong – calcium, vitamin D and potassium.

WHEN SCHOOL IS OUT, KIDS MAY BE MISSING OUT ON ESSENTIAL NUTRIENTS



HEALTH & WELLNESS

Feeding America® and The Great American Milk Drive makes it easy to pour more milk for local kids in need

(Family Features) More than half of kids 9 and up fall short on essential nutrients they need to grow strong – calcium, vitamin D and potassium. In fact, the Dietary Guidelines for Americans identified them as nutrients of public health concern because many Americans, including kids, are not consuming enough of these nutrients. When school lets out for summer, that risk may be even greater for over 22 million kids who are served by free or reduced-price meal programs during the school year.

For most kids, summertime means months filled with playing in the sun, swimming at the lake or baseball in the park – but for many, the start of summer marks the end of regular access to nutrient-rich foods including basic staples like milk that help their bodies and minds grow strong.

Although some programs like the USDA's Summer Food Service Program (SFSP) help to deliver meals when school is out, the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) do not reach children during the summer months.

"Milk is the top food source for calcium, vitamin D and potassium – three of the four nutrients kids are most likely missing," said Dr. Tanya Altmann, best-selling author and nationally recognized pediatrician. "With 9 essential nutrients, including 8 grams of high-quality protein per serving, milk is an easy and affordable way to provide key nutrients to children who might otherwise go without them during the summer months."

There is a nationwide need for nutrient-rich milk

Milk is one of the most requested, but least donated items at food banks. That's because while Americans are

generous with canned and dry goods, fresh milk is a lot harder to donate because it's perishable. On average, food banks are only able to provide the equivalent of less than one gallon per person per year, which is far less than enough to meet the recommended three servings of milk or milk products per day for kids 9 and older.

That's why, Feeding America® – the nation's largest domestic hunger relief organization – has partnered with America's dairy farmers and milk companies to help provide more fresh, nutritious milk to children in need through The Great American Milk Drive.

Since it began, the program has delivered more than 1.5 million gallons – that's more than 24 million servings – of fresh, nutritious milk to Feeding America's nationwide network of 200 food banks. More than 46 million Americans – including 12 million children – rely on Feeding America each year and food banks cannot always meet the demand – especially in the summer

months, when they are even busier.

"When people think about kids and summer, they think of carefree days spent having fun, but for those whose families struggle with hunger, even basic staples like milk may be missing," said Andy Wilson, Chief Development Officer at Feeding America. "Our food banks do everything we can to provide nutritious foods to families in need. Thanks to The Great American Milk Drive, many of our food banks are now able to provide more highly-desired milk during the summer months."

For as little as \$5, you can help deliver a gallon of nutrient-rich milk to children in need in your local community. Visit milklife.com/give to learn more about the need for milk in food banks and how you can help feed a childhood with milk this summer.

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LOVE THE SKIN YOU'RE IN...

By Angie Lynnetta

As a licensed esthetician, I love helping you to achieve and maintain healthy skin. Would you believe our skin is the largest organ of the human body? It protects us from harmful microbes and environmental elements, helps regulate our body temperature and protects our muscles, cells and tissue. Our skin works hard protecting us, we should work to nourish and maintain it.

Now, if you have something that works for you – then you are halfway there! Be sure to follow this simple formula – Cleanse, Tone, Moisturize and Protect – to maintain a proper balance. Think of it like your laundry. How many of you, when you do laundry, use detergent, bleach, scent booster, fabric softener, etc? If you wore, the same outfit “everyday” and did not

wash it. Overtime they begin to look dirty, dull and faded. Who wants that?

You can start your healthy facial skin journey with a proper cleansing routine. It is essential to cleanse your face daily, from all makeup and environmental impurities. It is also important to use quality, professional products based on your specific skin needs. Not all over-the-counter products are created equally and most are full of fillers.

If you are stuck with what beauty products to use or where to begin, start by finding an esthetician in your area and schedule a consultation. An esthetician will thoroughly examine your facial skin to determine your specific skin type and condition and will even suggest products to help rejuvenate and reveal newer, healthier skin!

For more beauty tips and inspiration, follow me at:

Website: www.brushesofbeauty.com

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Facebook: [Brushes of Beauty](https://www.facebook.com/BrushesofBeauty)



WHERE ARE THEY WHEN YOU NEED THEM? WHEN POLICE FAIL TO ACT...

By Jamaal Chatman, Esq.

I must admit that I don't plan on having any unnecessary interactions with the police. A nice hi-and-bye exchange is good for me. Despite my internal reservations regarding police, I recognize that there are times in life when police interaction is necessary, such as in a crisis or to restore order in a situation. This past week, I researched the U. S. Supreme Court's stance on the role of police in rescue missions and in crisis situations. I researched U.S. Supreme Court cases because the Supreme Court is the highest federal court and, therefore, the decisions made by this court are to be followed by everyone in the United States. What I found brought chills to my spine. I found that police do not have a constitutional duty to protect citizens.

In *DeShaney v. Winnebago County* (1989), the court stated, "But nothing in the language of the Due Process Clause itself requires the State to protect the life, liberty, and property of its citizens against invasion by private actors... The Clause is phrased as a limitation on the State's power to act, not as a guarantee of certain minimal levels of safety and security." In other words, the state has restrictions on how it exerts its power over people but has no obligation to guarantee security to anyone.

In *Castle Rock v. Gonzales* (2005), the Supreme Court spoke on the discretion of police officers, stating, "A benefit is not a protected entitlement if officials have discretion to grant or deny it," and "A well-established tradition of police discretion has long coexisted with apparently mandatory arrest statutes." Therefore, police have the discretion to help you and, because of this discretion, the police "helping you" is not a benefit that is a protected entitlement. Additionally, even if the police are supposed to arrest someone, they have the discretion to make such an arrest.

Based on the U.S. Supreme Court's views, people apparently can't rely on police protection or reasonably expect to have a successful lawsuit against police for failing to act. However, some people are optimistic that a modern court may view the role of police differently. These optimistic individuals have filed two lawsuits in Florida State Courts that may one day come before the U.S. Supreme Court and change the legal duty that police have to act.

In June of this year, a lawsuit was filed against Orlando police officers regarding the 2016 mass murder shooting at the Pulse nightclub. The lawsuit alleges, among many things, that some police officers stayed outside the club as the

But nothing in the language of the Due Process Clause itself requires the State to protect the life, liberty, and property of its citizens against invasion by private actors...



The U.S. Supreme Court is made up of people. People have opinions and opinions change. This is why the law is ever-changing,



massacre took place. In this tragedy, 49 people were killed and over 50 others were wounded.

In April of this year, a lawsuit was filed against a former Broward County Sheriff officer for his actions on February 14 at Stoneman Douglas High School in Parkland, Florida, during a school shooting. In this unfortunate event, 17 people were killed. The lawsuit alleges that the former Broward County Sheriff officer failed to enter the school during the shooting. The former sheriff was an armed resource officer at the school.

The general public should follow these two cases very closely. Not only do both allege that officers failed to act, they both allege officers waited outside buildings when they knew people were getting slaughtered inside. If police ever had a duty, shouldn't it be to protect those who are in locations where they are known to be vulnerable with less than adequate means to defend themselves? (Last I checked, you can't have a firearm for protection in a club or in high school.) Additionally, both of these cases may include some type of video evidence, as limited footage has been leaked from both shootings. Such footage may play a pivotal role in how these cases are viewed

by the public.

The U.S. Supreme Court is made up of people. People have opinions and opinions change. This is why the law is ever-changing. I'm not sure what law changes lie ahead; however, I pray a change is made regarding police and their legal duty to act.

FOOTNOTES

1. <https://www.law.cornell.edu/supremecourt/text/489/189>
2. <https://www.law.cornell.edu/supct/html/04-278.ZS.html>
3. <https://www.cnn.com/2018/06/08/us/pulse-shooting-civil-lawsuit/index.html>
4. <https://www.cnn.com/2018/04/30/us/parkland-school-resource-officer-sued/index.html>



choice of authentic Asian and western cuisines. The local dim sum and fresh seafood are a must.

Boastful Nightlife

A night in Hong Kong is something you don't want to miss. You will find the place that fits your interests easily. Most bars and pubs are massed in the east, Tsim Sha Tsui, Lan Kwai Fong, and Wan Chai. You can also take a night cruise at the Victoria Harbor to enjoy the view and the Symphony of Lights.

Convenient Transportation

Hong Kong boasts an excellent transportation network. It bears the reputation of having one of the best transportation systems in the world, which makes it very convenient when it comes to getting around in Hong Kong.

Getaway for Exploring the Rest of Asia

Hong Kong's location makes it the main getaway to China as well as much of East Asia. Therefore, its international air service is excellent, and competition keeps the fares relatively low compared to neighboring countries. (I was able to purchase my flight from Hong Kong to Tokyo, Japan, returning to the States for less than \$300.)



WHY HONG KONG NEEDS TO BE ON YOUR TRAVEL RADAR

By Shinika Hayes

In April of this year, I booked a flight to visit Hong Kong and it was one of the best last-minute travel experiences I have had in a long time. Here the top reasons why Hong Kong should be on your travel radar.

Cultural Kaleidoscope

Hong Kong was a great mix of the east and west. Its cultural influences come from Cantonese, Mandarin, British, Fujian, Shanghainese, and Hakka (Han) people. All these cultures are so uniquely different while pleasantly mixed together at the same time. Not to mention a large amount of Indian culture resides in Hong Kong as well, bringing a great blend of people and cultures to experience on your visit.

Shopper's Paradise

Hong Kong has something for everyone to have a great shopping experience from trendy boutiques to traditional Chinese product stores, from luxurious shopping malls to the bustling street markets. Whether you prefer the latest designer fashions and electronic products to best-value collectibles and antiques, you are bound to find something you will love to bring back home with you.

International Cuisine

Recognized as the culinary capital of Asia, Hong Kong is a world of amazing, tasteful international dining options. In addition to trying the regional Cantonese food, tourists can also enjoy a full



Perfect Family Destination

Hong Kong is a perfect destination for family tours, with parks, temples, museums, and natural reserves. Children will have fun meeting cartoon characters in Disneyland, taking a boat ride at a fishing village, and riding the tram all the way up to the Victoria Peak.

With everything that Hong Kong has to offer, it will definitely be a treat to make this international place a must-see destination on your travel radar. Plus, lodging and food are very affordable.

I REALLY DON'T CARE, DO YOU?



According to a report from CNN, federal authorities have separated at least 2,000 children from their parents.

By Christian Mericle

Amidst an ever-loudening outcry from advocacy groups, lawmakers, and common citizens over the Trump administration's practice of separating immigrant children from their families at the border, First Lady Melania Trump made an unplanned visit to a children's shelter in Texas.

According to a report from CNN, "federal authorities have separated at least 2,000 children from their parents." The move came as Trump worked to fulfill a campaign promise to crack down on illegal immigration. In May, Homeland Security Secretary Kirstjen Nielsen put into action a plan to prosecute, in federal courts, everyone apprehended entering the United States illegally. This works hand-in-hand with the Justice Department's new zero-tolerance policy regarding illegal entry into the country. Attorney General Jeff Sessions

has ordered federal prosecutors to refer criminal charges accordingly. To emphasize the seriousness of the threat, Sessions told a group from the Association of State Criminal Investigative Agencies, "So, if you cross the border unlawfully, even [if it is] a first offense, we're going to prosecute you. If you're smuggling a child, we're going to prosecute you, and that child will be separated from you, probably, as required by law. If you don't want your child to be separated, then don't bring them across the border illegally." Asylum seekers are not exempt from the policy and may carry a conviction, even if a judge later grants their asylum request.

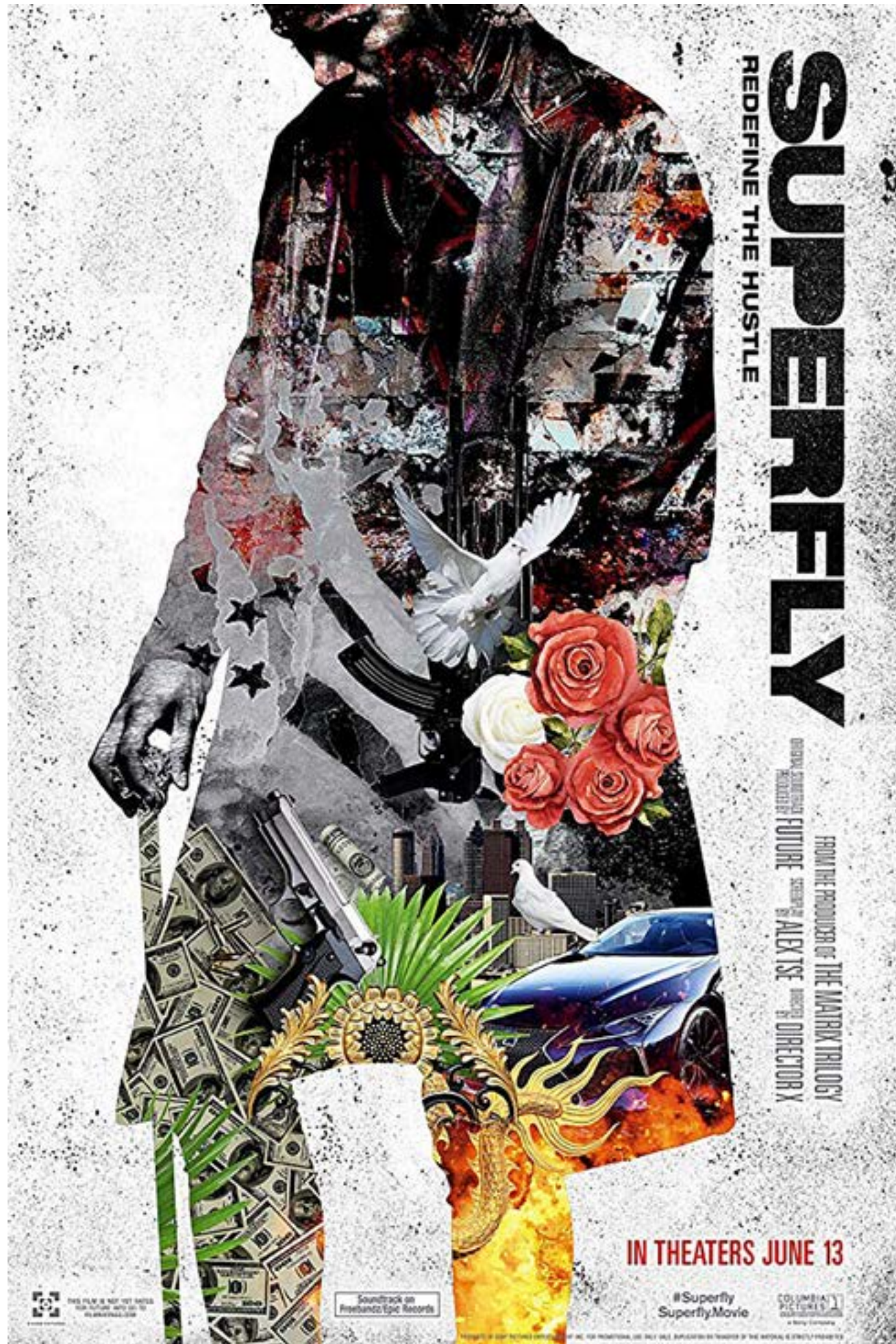
With parents being detained in federal prisons, provision had to be made for the children taken from them at the time of their arrest. The government opted to house them in warehouses, a former

Walmart, and other such facilities. Inside these vast buildings, the children live in cages made of chain link fencing. Reports have surfaced of teenagers looking after younger children whom they do not even know because the government has not provided adequate care.

In late June, U.S. District Judge Dana Sabraw in San Diego ordered the Trump administration to reunite children with their parents within thirty days (within fourteen days for children under five years of age). Further, President Trump signed an executive order ending the practice of separating families. The Justice Department is seeking to satisfy both orders, not by releasing children and their parents, but by ensuring that parents and their children are jailed together as the parents await trial. Even this move is proving problematic as the government has failed to keep the

records needed to trace the children back to their parents. CNN reported, "In some cases, federal officials secretly sent the children to city facilities without notifying the local government, as was the case in New York City, making finding them even more complicated."

The federal government was quick to tear families asunder but is being slow in righting that wrong. It is in this atmosphere that First Lady Melania journeyed to Texas. For the trip, she chose to wear a military-green jacket. Across the back, in large white letters, it read, "I REALLY DON'T CARE, DO YOU?" Her spokesperson claimed it was just apparel and there was no hidden message. To this, her critics replied that the message was, indeed, loud and clear.



THE LYFE MAGAZINE MOVIE OVERVIEW SUPERFLY

Cocaine kingpin Youngblood Priest realizes that it's time to get out of the game after surviving a violent attack from a crazed rival. Hoping for one last score, Priest and his partner travel to Mexico to arrange a deal. The career criminal now finds himself trying to outmaneuver the cartel, two corrupt police officers and all the double-crossers that threaten his path to freedom.

Release date: June 13, 2018 (USA)

Director: Director X

Based on: Super Fly; by Phillip Fenty

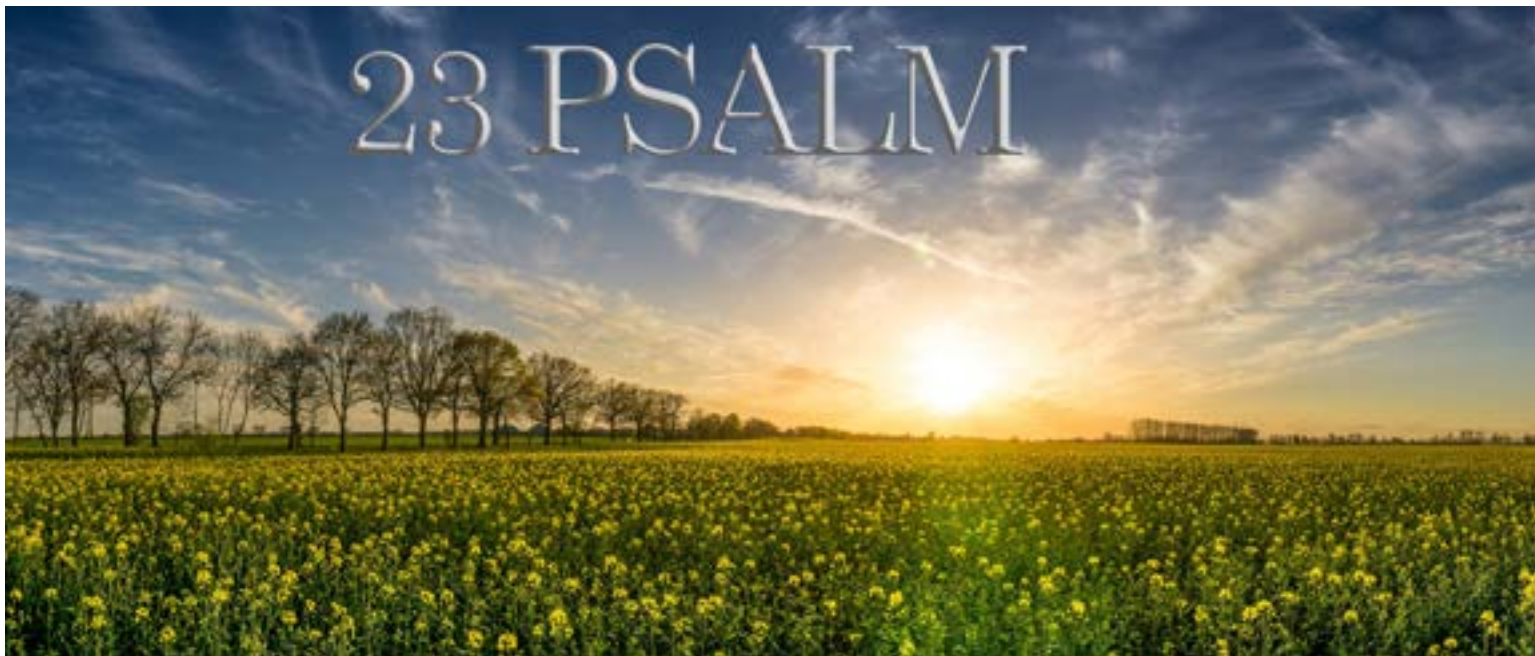
Budget: 16 million USD

Producers: Future, Joel Silver

Production companies: Columbia Pictures, Silver Pictures



23 PSALM



By Terry Parker Roe

“The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: He leadeth me beside the still waters. He restoreth my soul: He leadeth me in the paths of righteousness for His name’s sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.”

This passage was written by the Psalmist David, who was a shepherd boy who grew up tending to his father’s sheep. The Lord Jehovah the Son was appointed by God the Father to defend, protect, guide, direct, and save the sheep. Jesus is called the Chief Shepherd, the Great Shepherd, and also the Good Shepherd. When you know the Lord is your Shepherd, you shall not fail nor come short

of anything that you need. The shepherd makes the sheep lie down, not just in any pastures, but lie down and rest in green pastures, in the tender grass where they are fully fed and satisfied because, if the grass is not tender or suitable for vegetation, then the sheep could get sick and even die.

Green pastures alone are not enough. The sheep need water also so the shepherd leads the sheep beside the still, quiet waters because waters that make noise will frighten the sheep but from the still and calm waters, the sheep are able to drink without fear. Just as with the sheep and their shepherd, Christ who is the Good Shepherd doesn’t let His sheep want for anything. The Good Shepherd makes His people rest in His provisions, security, and peace. Rest is needed from the cares of life and from the stressful situations you face daily. The Lord will always lead, guide, and direct you in the straight, true, and right ways. You may be prone to wander and, at times you may even stray from your purpose, but no matter what you may experience in life and, in spite of how far you may

have wandered from the straight path, the Lord will restore you, He will bring you back, and He will even revive every dead thing in your life. Even though you may walk through the most dismal, gloomy, dreary, depressing valley of the shadow of death, you don’t have to fear or be afraid of any evil nor danger, because the shepherd is leading and guiding. His rod and his staff are used to defend the sheep and pull them away from dangerous pits, thickets, and troubled waters. This fact brings comfort to the sheep.

The Lord knows every pitfall, danger, every dark, gloomy, and depressing valley and experience that you may encounter; He even knows the enemies’ snares they try to set for you but there are consolation and comfort in knowing that the Lord will always protect, lead, guide, and comfort you no matter how dark the night. The Lord prepares a feast before you in the presence of your enemies. In the midst of your most trying circumstances and even when your enemies or “haters” are all around you, the Lord will prepare a feast for you where your enemies can’t help but

see it. He will also give you peace, provide security, and manifest His great power!

David concludes Psalm 23 by saying us that surely the Lord’s goodness, grace, favor, love, and mercy shall follow, and remain with you all the days of your life; His compassions fail not, His mercies are new every morning. And you will dwell in the house of the Lord and will live eternally in the mansions that have been prepared by Jesus Christ Himself. No matter what afflictions and troubles you may experience in this life, you have the assurance that the Lord’s goodness, His mercy, grace, and love will remain with you always! In spite of what you may endure on this side, you can be confident that the Lord will lead, guide, direct, restore, protect, and provide you with abundant life on earth. You can be certain that you will rest and dwell with the Lord throughout eternity. Now, that’s the promise of the Good Shepherd!



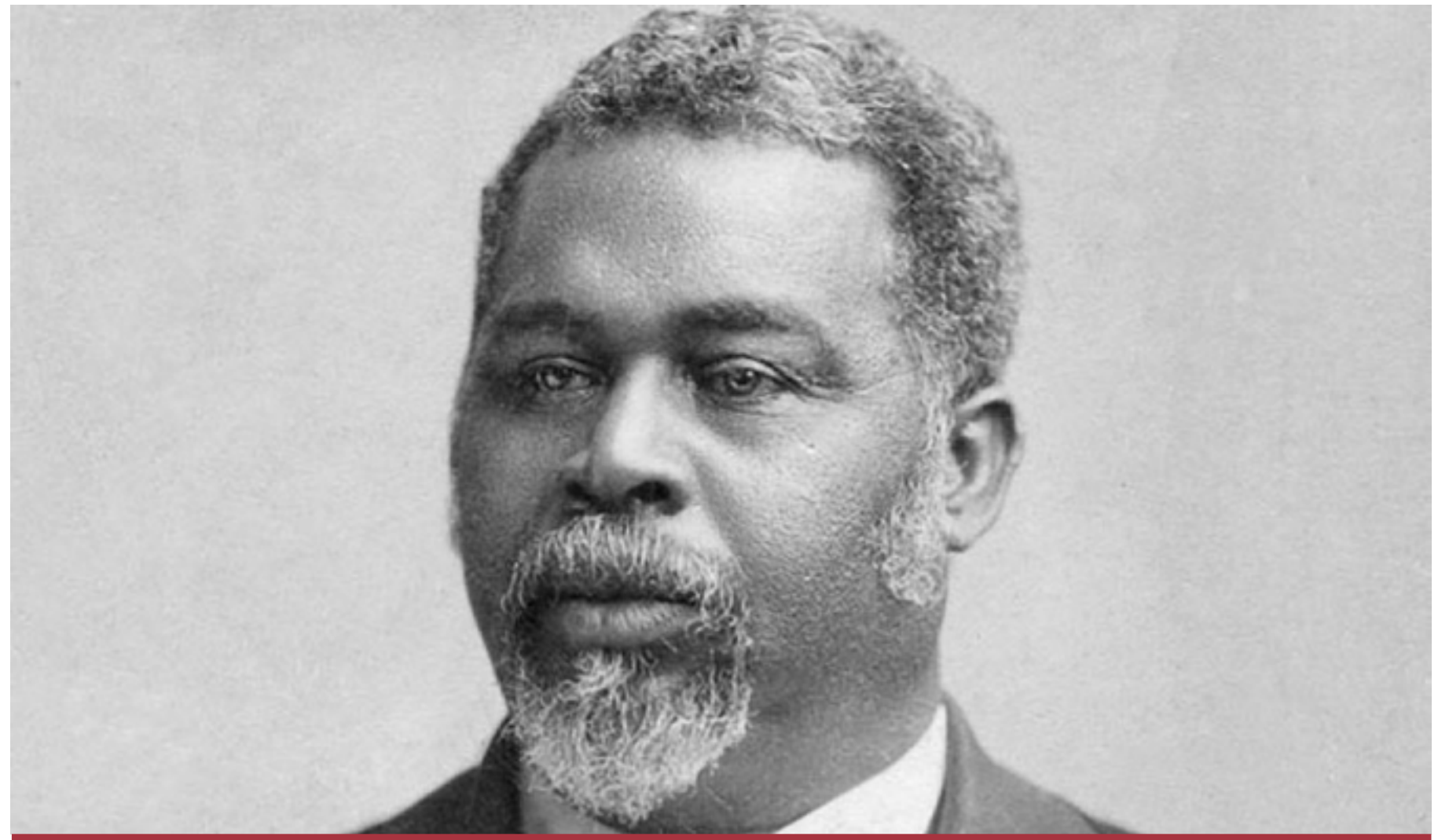
BLACK HISTORY: ROBERT SMALLS

APRIL 5, 1839 – FEBRUARY 23, 1915

Robert Smalls was an African-American born into slavery in Beaufort, S.C., but during and after the American Civil War, he became a ship's pilot, sea captain, and politician.

He freed himself, his crew and their families from slavery on May 13, 1862, when he led an uprising aboard a Confederate transport ship, the CSS Planter, in Charleston harbor, and sailed it north to freedom. His feat successfully helped persuade President Abraham Lincoln to accept African-American soldiers into the Union Army.

As a politician, Smalls authored state legislation that gave South Carolina the first free and compulsory public school system in the United States.





TAKE IT, OWN IT, AND STAND.

By Tina Marie Hollywood

I often receive phone calls, text messages, and emails on one subject: “How can I make time to enjoy life? How can I get some of this stuff off my plate? How can I get to do what I want when I want to do it?” Have you ever asked yourself why you can’t take time out to enjoy life? Why you’re not reducing your plate load? Why you’re not getting to do what you want when you want?

We all have the answers to these questions but we refuse to look into the mirror and accept that we are the ones to blame. We have to change and many are afraid of that “C” word. I will admit change is scary but what’s even scarier is regret.

Are we willing to do all that we need to do to live our best life? Nine times out of ten the answer is no. It is no



because that would require you to take risks and flat-out take it and stand.

Not knowing one’s value is often the reason many people don’t go beast mode in life. Yet, they get upset with those who do get their beast on. Don’t be mad! Join the party and stop being used like an old set of Samsonite luggage. No one will value your time or your life if you don’t show them that it is to be valued, respected, and undisturbed. Do not pass go. Do not collect \$200. Do not Facebook poke—something I never truly understood the purpose of that and it’s annoying... Oops! Sorry, I got a little personal. Anyway, I’m sure you get the point. It’s no one’s fault but your own.

I’m sure many of you have heard that power is never given; it’s taken. There’s a reason why that statement holds true. We live in a society where many of us are driven by what I like to call “The Me” movement. If you don’t take time

**Live the life you love.
Love the life you live.**

—The Marley Effect

Life isn't perfect, but it has its perfect moments.®

out for yourself and learn to say no, people will take your time and do what they want with it.

Individuals with no goals work for individuals who have goals. Take your life out of the hands of others. If you want your life to be based on your choices and your decisions, make the choice that failure is your fault and take your life back. You choose to put more on your plate. You choose to not take time out for yourself. You choose to not go out and do what you want and live your best life. You choose.

So, stop blaming others for your not haves. Next time you ask yourself, "How can I?" or "When will I?" remember you already have all the answers you need. You just can't be afraid to take it, own it, and stand.

Working hard for the results of someone else's life, joy, and happiness is over. Start working hard for yourself and you will see it is the entry door to everything you want in life.

Live the life you love. Love the life you live. -The Marley Effect

TAKE IT BACK



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By Tiara Conway

June was just a rough month in every aspect of my life. I felt the tension and the lack of motivation. The passion and the discipline slipped away from me right before my eyes. I wanted to get up and do it but I couldn't. On the days I was there, I wasn't fully present. That's when I realized I was falling out of love with fitness. It was a true break-up. It was a constant back-and-forth battle. I wasn't giving it my all and I became okay with that. Even when I was able to work out, I was just going through the motions. I didn't even want to talk about fitness. When people asked a question, of course, I would respond but the love I had for it was fading away. There was one point in my life when I wake up ready to talk about or engage in fitness; however, not anymore. I lost the fire to even get up and go to the gym or workout in the comfort of my

own home. The motivation was gone and that's when I realized it may just be over. Maybe fitness had fallen out of love with me just as much as I had fallen out of love with it. At that moment, I knew either I would get that sparkle back and search hard for what made me fall in love in the first place or I would let it go... I know you may be thinking, "How do you break up with fitness?" Well, let me start. I was cheating on fitness with my diet. It wasn't that I was eating really badly but there were days I didn't want to eat at all. I made little to no time to work out. When I did work out, it wasn't to my full potential. And, if I was at my best, I wasn't willing to give it to my fitness goals. I honestly stopped having goals. I was going through the motions. Have you ever done that in a relationship or are you currently doing it?

The thing that used to excite me didn't even put a twinkle in my eye. I strayed from my blog. I found myself not posting about fitness as much, and do you know why? I could not motivate others because there was a lack of motivation within me. I was wondering, How did we get this way? LIFE HAPPENED! Stress and other factors can distract you from what makes you happy. It can pull you away from a good thing and something that is beneficial to your well-being. Most of those distractions are meant to break you and, at that moment, I was broken. But I—keyword: I—had to find a way to snap out of it.

So, I meal-prepped on Sunday (just a way to show fitness I'm trying). That didn't mean I was going to get back in that easily but I had to start somewhere. I had to look at old pictures to remind myself of where I started. Sometimes, you need that good humbling moment. I had to think about why I fell in love with fitness in the first place. Fitness made me feel good (I had more energy), it boosted my confidence, it connected me with some great people, and it allowed me to motivate others to start their

journey. Lastly, I fell in love because I wanted to be healthy. Sometimes, we so lose focus on our ultimate goal that we find ourselves not even having a goal at all. My life was in a whirlwind, almost taking something away from me that had been great to me mentally, physically, and emotionally. I was almost defeated and I allowed that break up to happen. But, I had to think back to where it all started and how far I had come. That was all the motivation I needed to get back in there and give it my all and not just the little I had been willing to give. Distractions will happen. They will try to prevent you from reaching your goals and, when it comes to fitness, I have so many more to accomplish. So, like Drake said, "Just hold on; I'm coming home!" Thank you, fitness, for welcoming me back with open arms. I'm back... and, this time, I am truly here to stay.

"Fitness is like a relationship. You can't cheat and expect it to work."

Life-Love-Lift



Discover more from Tiara Conway at <https://lifeloveliftdotblog.wordpress.com>

By Rob Jefchak

After the devastatingly dark and dreary outcome of "Infinity War," suffice it to say Marvel fans could really use a palate cleanser right about now. "Ant-Man" is one of the lesser well received Marvel movies despite its success. Its cast and humor were well received but everything else people seemed to be already familiar with and slightly disappointed it wasn't as new and innovating as some were probably hoping for. So imagine my lack of surprise when I hear people aren't exactly jumping out of their couches to go see the latest Marvel film, which happens to be a sequel to "Ant-Man" called "Ant-Man and the Wasp." Is this the cleanser we need or something that needs cleaning up before "Captain Marvel" comes our way? Let's find out!

Taking place after the events of "Captain America: Civil War," Scott Lang (Paul Rudd) is under house arrest for helping Cap defy the Sokovia accords. Also on the run is Dr. Pym (Michael Douglas) and Hope Van Dyne (Evangeline Lily) who are desperately trying to re-create the "Quantum realm" experiment in hopes of retrieving Pym's long lost wife, Janet (Michelle Pfeiffer) who vanished in there years ago. Things become complicated however when a wall phasing Ghost (Hannah John-Kamen) and a greedy crime boss (Walton Goggins) both want Pym's tech for their own personal reasons. Now Scott has to suit up along with Hope, his new partner, as Ant-Man and the Wasp to protect their families and friends from these new threats.

Even when receiving a lukewarm reception, a good strategy is to know what worked and expand it so you don't lose the strengths you had before; even if you stumbled on the dismount. "Ant-Man and the Wasp" keeps things lighthearted and fun but also fresh. The sense of humor never relies on callbacks to the previous film to do its job; except for a much welcomed return of Luis's (Michael Pena) excessive monologues. There are stakes, new characters and new ways to play with shrinking/growing hijinks but still, the film keeps its sense of humor consistent and creative. But also, there's a finely tuned balance of action that makes this more of a hero flick than a heist flick than the last one; doesn't always work but works more often than it fails.

What I like better this time around is the pacing. The movie keeps things moving at a steady pace; never slowing down but always giving us enough time to process what's happening and it keeps the scenery actively changing which takes the characters to a lot of fun new locales. I also like the approach to keep the story more family and home based. We've seen enough global ending disasters and villains from previous Marvel heroes; keeping the heroes and villains grounded in personal conflicts and quests generates stronger ties that make them more relatable than purely fantastical. Seeking out the original Wasp is a great way to introduce more bad ass female heroes to the MCU; especially with Evangeline Lily dominating the fight sequences.

She comes into the costumed role naturally, her skills and charisma with Rudd make them an absolutely delightful duo; both in and out of costume. Hannah John-Kamen is an unusual new villain and it's a welcomed change to the strange. Her powers make every appearance a visual feast. There's always something happening, something moving with her and her goal is a fresher breath of air compared to the usual greedy, power hungry megalomaniacs. I'm a huge Walton Goggins fan, I love his work and I was super pleased to hear he was in this. His role may be straight to the point but I love what he brings in here and, like everyone else in this film, he adds to the fun and the charm. The only flaw the film really suffers from is reminding us nothing BIG is happening.

This film's stakes cannot come close to comparing to the gauntlet "Infinity war" threw down, so you never feel that sense of tension because you know the grand finale has already happened. Things are more fun and personal but not quite that epic or grand; as I said this is a palate cleanser and not a game changer. Overall, "Ant-Man and the Wasp" is the throwback to fun and flashy Marvel days before Thanos snapped his fingers and changed everything. The supporting cast is stellar, the humor is right on point and Wasp kicks ass in a big way. It's not breaking new ground and its micro sized compared to "Infinity War," but it's still a smile/money maker that will not disappoint.

I give "Ant-Man and the Wasp" 2 ½ stars out of 4.

THE LYFE MAGAZINE

MOVIE REVIEW:

ANT-MAN AND THE WASP



THE LYFE

PROFESSIONAL:

NATASHA BONNER

By Shinika Hayes

Natasha Bonner is a nationally-certified Clinical Therapist who uses her knowledge and resourcefulness in the field to promote mental health awareness. She is concentrating her efforts on youth and the African-American community.

Statistics show that African Americans are less likely to admit to experiencing a mental health disorder, which results in their not seeking therapy. Ms. Bonner provides hope by educating people that experiencing a mental health illness, such as stress, post-partum depression, or anxiety, is a normal response to everyday life. She assists individuals in seeking counseling, along with receiving faith-based advice. Ms. Bonner hosts support groups and community awareness events that allow the African-American community to voice their struggles with mental health and receive resources for further assistance.

Natasha currently holds a master's degree in Clinical Mental Counseling from Walden University. She is a board-certified National Counselor appointed by the National Board of Certified Counselors as well as a licensed Associate Professional Counselor in the State of Georgia appointed by Georgia Composite Board of Professional Counselors, Social Workers, and Marriage and Family Therapists. She has been counseling people for six years with a specialization in crisis and trauma.

Natasha is currently a Master's Level Counselor for youth villages. She works in the female-only group home in Memphis, Tennessee. In this position, Ms. Bonner provides individual therapy, family therapy,

and group therapy.

Ms. Bonner is trained to provide Trauma Focused Behavioral Therapy for individuals who experienced traumatic events during childhood. She is also the founder of Harmonizing Minds, a nonprofit organization located in Memphis. The mission of Harmonizing Minds is to bring awareness to mental health in both the school setting and the community at large. Harmonizing Minds specializes in children, adolescents, individual counseling, family counseling, and supportive group therapy. It has hosted a youth anti-bullying summit for young children and adolescents, conducted bullying and interventions strategies for Shelby County Charter schools, as well as community services within the poverty-stricken communities in Memphis.

Natasha wants to further her career. She is striving to obtain her PhD in Advanced Studies of Human Behavior.



THE LYFE SPOTLIGHT



AARON BRACKETT

By Gerald C. Anderson, Sr.

Aaron Brackett is a graduate from St. Stephen's and St. Agnes School. This past June, he graduated from Stanford University, earning a bachelor's degree in Symbolic Systems, an interdisciplinary major combining Computer Science, Philosophy, and Linguistics. He minored in Creative Writing and completed all studies with a 3.3 GPA.

In the summer of 2017, Aaron used his knowledge in artificial intelligence (AI) to teach high school students at a Stanford-sponsored camp. He taught them about the different fields of AI and how to implement basic projects using each one. He also discussed basic robotics. He went to this same camp when he was in high school and was grateful for the opportunity to give back.

Throughout his time at Stanford, Aaron had a weekly radio show on the campus radio station, KZSU, where he played downtempo music of all genres to bring people a sense of tranquility late at night. He was also the station's business manager for two years, handling all budgetary and financial needs. He went on to become the chief of staff, overseeing special projects.

Aaron also participated in numerous theatrical productions, ranging from a portrayal of both Shakespeare's best friend Richard and a priest falsely imprisoned for the Gunpowder Plot in Bill Cain's *Equivocation* to a local professor and mentor in a historical piece about the disenfranchised youth of East Palo Alto, California. Aaron first start-

ed acting in church. He hopes to keep his passion for it throughout the rest of his life.

In his spare time, Aaron embraces his creative side and writes short stories, plays, films, poems, and even songs. He believes that storytelling is a way to connect to deeper truths about ourselves and the world around us and, through that, connect with each other. He wants his writing to change lives the way his life has been changed by so many of the creative works he has encountered.

Aaron strives to improve every day, whether mentally, physically, or spiritually. He believes the only limits are the ones you place on yourself, and that the failure to try is the most disappointing failure there is.





The Truth about Lash Extensions

during your natural lash cycle. We each lose three to five lashes per day. With proper application, your lashes can last up to eight weeks with lash fills every two to three weeks.

6. Who should apply my lash extensions?

Only a Certified Lash Technician should apply your lashes. A properly trained professional will provide a consultation and advise which option(s) is best for you. Do not allow anyone near your eyes with hair weave glue!

If you are ready to get your lash on, check your local area for a Certified Lash Professional. He or she will provide a consultation and application appropriate for your eye shape. Best of luck and remember: flutter, flutter!

For more beauty tips and inspiration, follow me at:

Website: www.brushesofbeauty.com

Instagram: [@brushesofbeauty](https://www.instagram.com/brushesofbeauty)

Twitter: [@brushsofbeauty](https://twitter.com/brushsofbeauty)

Facebook: [Brushes of Beauty](https://www.facebook.com/BrushesofBeauty)

Will I look like
Beyonce?
While we all would
love to have some of
her features, the truth
is no.



By Angie Lynnetta

Do you wish for longer, fuller, thicker-looking lashes without having to use mascara? Who doesn't? The latest beauty trend, although not new, is lash extensions. Unlike strip lashes, which are meant to be worn and removed daily, lash extensions are applied to each individual natural lash and can last up to eight weeks. If you have been wanting to try lash extensions but are on the fence, here are six truths to assist in your decision making.

1. Will I look like Beyonce? While we all would love to have some of her features, the truth is no. The lash artist can only work with what you have. If your natural lashes are dense and sparse, you may not be able to achieve the voluminous look of Queen B. Each extension is attached to an individual lash which can only take so much weight.

2. Are lash extensions high maintenance? If you are the type to just throw on liner and mascara and head out the door, lash extensions may not be for you.

They are beautiful when applied; however, they require daily maintenance. Your new lash must not be rubbed or pulled and should be brushed daily to remain tangle-free.

3. How much will it cost? A full set of classic lash extensions can run from \$150 to \$225, depending on your location. Lash fills can run between \$60 and \$100; again depending on your location.

4. Will I have to change my beauty routine? The short answer is yes. As stated above, lash extensions are high-maintenance and require extra care. You must use 100% oil-free cleansing products around your eyes as oil will break down the adhesive bond of the extensions. While you may be tempted to skip washing your lashes for fear of ruining them, you must clean your lashes daily to avoid debris build-up, which could lead to weakening the bond or cause an infection.

5. How long will they last? As lash extensions are applied to each individual lash, they will shed

VANESSA RAINEY JOHNSON



The Chronicles Of A Tin Woman

Click to watch book trailer



Hi everyone!

Click on my book cover to watch my amazing book trailer! The Chronicles Of A Tin Woman will be released on September 3, 2018. Mark your calendar and pick up your copy.

Blessings,

Vanessa Rainey Johnson



Safe Exercises During Pregnancy

Here are some exercise guidelines which should be followed:

- Ensure you remain within 60-65% of your maximum heart rate.
- Drink as much water as you can during and after exercise.
- Avoid oxygen deficiency by not exercising to the point of being totally out of breath. You should be able to talk normally and even sing!
- Avoid extreme tiredness by not exercising to the point of exhaustion. Limit stretching and bending exercises from the 26th week of pregnancy until delivery.
- Take extra care when exercising in hot weather as when doing strenuous exercises your core body temperature can rise. Excessive heat is unhealthy for you and the baby.
- Late in the pregnancy, choose an exercise which is non-weight-bearing, such as swimming, to avoid increased pressure and discomfort.
- Try to exercise regularly (at least three times per week). Avoid vigorous exercise when ill or during hot, humid weather. Always exercise on a wooden floor or a tightly carpeted surface. Avoid extreme stretching exercises due to the relaxation of connective tissue. Undertake a five minute warm up, such as slow walking, before a vigorous pregnancy workout.
- To reduce the chance of injury, pregnant women should follow a non-weight-bearing exercise routine, such as cycling on a stationary bike or swimming. A study by the American College of Obstetricians and Gynaecologists has proven that moms-to-be who follow a non-weight-bearing pregnancy workout are more likely to continue into the third trimester than those attempting weight-bearing exercises, such as lifting weights or running.
- When looking to begin safe exercise during pregnancy, it is always a good idea to discuss any planned exercise with your doctor first.

By The Lyfe Staff Writer

Exercise is healthy and even more so for pregnant women. They should start at the early stages of their pregnancy to prepare the body, physically, for the added work of pregnancy, labor, and delivery. Follow the tips below for a full-body pregnancy workout that is safe exercise during pregnancy.

Do prenatal exercises which will help strengthen the body structure, providing physical comfort, support and good posture. A brisk walk every day in the fresh air helps keep muscles in tone. Wear sensible shoes and keep abreast of the distance walked and the weather conditions.

For a more strenuous pregnancy workout, try activities like running, bike riding, and playing tennis. These may be continued after being guided by good judgment.

Use your heart rate as your exercise guide. To check your heart rate, count your pulse for 10 seconds after you stop exercising and multiply this number by 6 to obtain the number of beats per minute. This should be used to monitor your body's response to exercise. Ensure you remain within 60-65% of your maximum heart rate.

The same exercise routines time after time can become monotonous and boring. A good way to make the safe exercise during pregnancy more exciting and something to look forward to is by adding music. Take your headphones to the gym or switch on your stereo at home while doing your workout. Music aids in relaxation. You can also arouse your body with the energy of sounds.

Frequent breaks should be taken during the pregnancy workout to avoid overheating, which may harm the unborn baby. You should also be careful to limit strenuous exercises while pregnant.

