

TiK T K

Friends (Or not) Magazine

ISSN: 0965-8021 ISSUE NO: 001

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**Sex:
Men and
fragile
egos**

**Suluhisho
la nywele
dhaifu**

**Mark
Bumgarner**

Ward the runner turned fashion designer

**Keep up with the 15
most trending
styles of 2017.**

Tausi Likokola

Phenomenal Woman

"With a dose of encouragement we all perform better"



*Tausi
Dreams*



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Tausi Dreams perfumes available
at Zen Spa Masaki,
Le Petite Galerie Oysterbay
Shopping Center,
Sia Couture Sea Cliff Village,
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Lemon Spa Masaki.



TiK T K

I am thankful to almighty God for his mercies upon my life and the FAITH that has been installed in me. I believed in myself and my team and that's why this publication made it through to your hand. I know you will enjoy reading Tik Tok Magazine and be part of our growth and each step we take for betterment. Working hard to deliver will be our mission; our effort as a team will be seen in each issue that gets to you. We are looking forward to our next issue that will be improved with your help. Write to us, let us know what you want us to change, add or remove, be part of our growth. I thank all the advertisers who became part of us and took a chance with us, on our journey to become a leading fashion and lifestyle magazine in East Africa we can not do it without them.

Cheers to our first issue.

Zahira Danda Managing Director

Chief Editor Mwazarau Mathola

Sub Editor Nancy Warinda

Graphic designers Robert Steve, Khamis Abdallah, Joseph Emma Russa

Photographer Mani24 photography

Stylist Johary Jaffary (Jou Jou House of Style)

Correspondents Elizabeth Simon, Lydia Solomon, Bhoke Msama

Emmayana Auguli

Distribution Manager Onesta Bernard Mhema

WHAT THE PAGES ARE ALL ABOUT

Aunt kinky

Explore Kinky nasty secrets with Aunt kinky as she administers her wisdom to the benefit of a troubled soul. There is always a way and solution to every problem. Share your story with us and get your nuggets of wisdom. Write to auntynkinytiktokmagazinetz@gmail.com

The Shepherd

Get nourishment for the soul on the shepherd page from different religious figures ready to impact your life positively.

Cuisines

So you can cook? This page provides tips about making different delicacies from international to local. Boost your culinary skills from main course to deserts.

Mwanamke Staha

This page will feature different hijabista around the country, if you believe you're a modest, contact us to be featured. The page is open to all fashion lovers.

Kids corner

We know there are moms out there who do a nice job styling their kids. We want appreciate their job and show off their little angels. Contact us for your kid to be featured in our magazine.

Work it

Learn the does and don't in work out routines, how to lose and maintain your weight.

Mahusiano

We have hot topics concerning love and relationship. Keep it here for advice or a question and answers series.

Our Wedding Corner

All about weddings looks and styles, here you will keep up with wedding trends and wedding matters in general. trends and wedding matters in general.



10. Things we have learnt during the production

- 1: You need people's help. You can do what is needed to be done and the right people will come along and help you in the process.
- 2: You must invest in your career and dreams. Time, capital and plans are the most crucial ingredients to success.
- 3: Be skeptical of those who offer their help too quickly, they might be the ones who want to see you fail. Don't depend on their effort; depend on yourself for you are the only person who can paint the vision of your dream.
- 4: Take all the criticism at hand, before you storm into justification, accept and evaluate while you let off the hook the person criticizing, you might be surprised to learn something helpful even in their disdain.
- 5: Pretty hurts; Looks is all the majority of the society cares about. People expect you to look and behave in a certain way to be able to be in so and so line of work or job. If you're a stylist then style you before you think of styling someone else.
- 6: Don't judge a book by its cover, what you think might not be reality. You may discover a gem in a pile of garbage.
- 7: Team work and passion are key ingredients needed to set a business, invest well.
- 8: You cannot change someone's style. Style is too personal to change in a day or so, you can only advise and influence while letting people be free to choose to either submit or not.
- 9: Consider time, trust and fortune. Time is a key point.
- 10: Patience is vital when working in a team. Considering team inputs with patience can lead to coming up with the best ever decision in a matter.

Tausi *Likokola*

THE PHENOMENAL WOMAN

Details of Tausi outfit

Shirt; *Christian Dior*

Denim Short; *GAP*

Gold Sandals; *Giuseppe Zanotti*

Photo by: *BrainBongo*

The tail feathers of a peacock spread out in a unique way to form a colorful train. When she spreads the feathers of her wings, out comes a colorful display of captivating beauty.

It walks majestically in confidence and certainly pulling the train of feathers behind. You can almost see a boast in its eyes, as if it knows of the splendor therein.

This exotic bird is called Tausi in Swahili and so named is our cover model for this issue.

Tausi Likokola, born in Tanzania, a former international model who has worked with international brands in USA and Europe. Tausi and the exotic bird don't just share a name their beauty and grace accord.

Her fame started early 1990s in Germany when she was discovered by Scout, a fashion photographer. The retired model has worked with Gucci, Christian Dior, Tommy Hilfinger, Issey Miyake, Escada and many other international brands in the USA and Europe where she resides.

Tausi has also graced covers of dozens international fashion magazines. She is not only a beauty queen, she is a philanthropist, a mentor, a TV show producer, a mother and author of four inspirational books. One titled 'Beautiful You,' The Touch of an Angel, The Art of Beauty and another 'The African Princess.'

'Beautiful You' was published in 2009. It has touched the lives of so many girls hoping to join in the Modeling Industry.

"I believe with a dose of encouragement, we all perform better".



The Phenominal Woman

Tausi in an exotic summer holiday in Zanzibar.
Dressed in Vida Mahimbo Swim wear.

Photo Credit: BrainBongo

She shared with us about it and of her vision.

“It has been my passion to mentor young women; I grew up differently from others, tall and very skinny.

I desired to have a big sister I could talk to about my concerns; later on I became that big sister to different women around the globe.”

Her books teach about beauty and encourage young African women to appreciate their uniqueness

Tausi trains and mentors young girls into the modeling industry too through her television program called Tausi Likokola African Princess Model Search.

The show is not only for models, but for all women. Aside from model search, it explores themes in nutrition, exercises, etiquette and leadership.

She has made a mark with this program in other countries as well before embarking on the same here in Tanzania. Clinching success in Namibia, USA, Korea, Japan and Europe.

“I believe with a dose of encouragement, we all perform better”. She says

Despite her extremely busy life Tausi still finds time to be engaged in charities.

Photo Credit: BrainBongo



A Mother

Here is where you will notice a fun side of her, either on her vacation posts or on mom duty in a mall or at home. Tausi is blessed with two children Neema and Imani.

Being an author, philanthropist, public speaker and goodwill Ambassador does not deny her a chance of being a good mother and a home maker, Tausi handles her duties well while keeping up with fashion and trends.

“I love spending time with my family and playing with my children. I enjoy the beach, shopping to keep up with fashion and style, spas and global

sightseeing when I travel”.

She mentions when asked about what she enjoys doing in her free time.

She loves cooking too, a talent she claims to have inherited from her grandmother. She believes in eating healthy.

Unwrap 2017 with Tausi

2017 is a blessed year for Tausi and the family, they will be in and out of Dar es Salaam but most of her time will be spent in Tanzania.

Her TV show , Tausi Likokola African Princess Model search will be on for season two.

“I love spending time with my family, playing with my children. I enjoy the beach, shopping to keep up with fashion and style, spas and global sightseeing when I travel”.

She will also be involved in a wildlife campaign starting on February and a charity to endorse persons with Albinism. A beauty with brains to match, Tausi is busy spreading love, hope and strength to many through her time and talents. We hope you will be touched by her generosity and love, keep up with her on her instagram page, @tausilikokola she is definitely an inspiration.

Tausi Dreams

Tausi is a budding entrepreneur, with her hand in TV shows, writing, hair line products and perfumes. With the launch of her books, she also unveiled a beautiful perfume dubbed Tausi Dreams. It's a testament to her ambitions. This woman is bound to take leaps in the fashion business.





Tik Tok Fashion ni wauzaji wa viatu vya aina mbalimbali kulingana na mahitaji yako. Pia ni wauzaji wa Lulu (Freshwater pearls)



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International
Designer

Mark Bumgarner

Sometimes you take a few detours before you arrive at your destination. Such is the case with designer Mark Bumgarner, a Philippino designer who discovered his love for fashion after traveling the world as a race car driver.

His story is one full of motivation. It reverberates that it's never too late to change your career and pursue that one thing you dearly love.

His designing fascination was sparked by women who have certain kind of style and taste. These same women have sharpened his creativity in silhouettes.



"I realized at a young age that style transcends cultures and geography. I think that style is a beautiful thing". Mark emphasized.

What inspires your designs ?

"Inspiration is everywhere. From movies, books, environments to political climate, my favorite source of inspiration recently, is travel.

It's a good excuse to see the world as you get to eat different yummy foods and shop".

Mark is currently working on his Spring Summer 2017 couture and RTW collection. His bridal collection will be debuting in a couple of months; the collection is expected to be romantic, classic and vintage.

"I like my clothes to be as good 5,10 years from now".He explained.

What's your absolute favorite piece in your collection? I asked.

"I don't have any specific favorite, but from the current collection, I would say my clover dress which is popular as well with my clients".



What do you make of African fashion ?

"I have always loved Africa. It is one of the most culturally diverse places that is so full of life and inspiration. I love how African women dress up.

Their use of colors and patterns is so amazing. They have a certain style that you can only attribute to African women. I would love to develop a collection based on African fashion in the future"

Do you miss the races?

To be completely honest, I do sometimes. Fashion and racing are very different fields, you know.

But the discipline is almost the same. Both need hard work and determination to make it far. Also the euphoria of finishing a race and the minutes before a fashion show is almost the same.



Mark

Ever dressed any celebrities?

"I have dressed mostly local (Philippino) celebrities such as Heart Evangelista, KC Concepcion, Joey Mead- King, Jodi Sta. Maria and other notable celebrities. Internationally, I have dressed up Bollywood superstar Parineeti Chopra."

How pricey is/was your most expensive piece/ creation?

"I was able to create a wedding gown worth \$22,000 to a bride in the Middle East".

What's your take on wearable fashion versus runway fashion?

"I believe that wearable fashion (or what we call fast fashion) has shaped the public image of how we dress up. Its main purpose is to offer the mass market fast and affordable clothing".

Runway fashion on the other hand is something inspirational. The gap between runway fashion and the mass market is being served by fast fashion. Runway fashion inspires the fast fashion. I think both go hand in hand.

Connect with Mark Bumgarner via
instagram @markbumgarner



Bumgamer



Mark Bumgamer











Medical Plans
for Individuals



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for Corporates



Personal Accident

DO YOU HAVE A PLAN?



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Life style



RAHA YA UTAMU WA NGOMA....

Ndio waswahili wanavyosema, raha na utamu wa ngoma uingie ucheze, utajua kwanini isiishe hata kama uliikuta ngoma katikati.

Mabasi ya mwendo kasi yameondoa karaha na kila msafiri anayeyatumia mabasi hayo atakupa sifa kem na changamoto zake. Sifa zinapokuwa nyingi ndipo usemi wa raha ya ngoma unapokamilika.

Dar es Salaam imeendelea na si lazima mgeni atokaye nchi za mbali aseme, hata sisi tulioko humu ndani tunajua sasa mkoa wetu umepiga hatua. Tuanzie kwenye usafiri, kupungua kwa foleni kwa maeneo ya kati kati ya mji.

Zamani ilikuwa waweza safari kutoka Kimara kwenda Posta kwa masaa zaidi ya mawili kwenda tu au kurudi wakati sasa ni suala la ndani ya dakika 30 mpaka 20. Lakini sasa unauhakika kama ni shughuli ya haraka unaweza kwenda katikati ya mji (posta) na kurudi ndani ya dakika 45 mpaka saa 1.

Uzuri wa mabasi haya na suala la kutunza muda utakufanya ujivunie kuwa mtanzania, japo mengi ya mabasi haya yatokayo Kimara na Ubungo hujaza kulingana na uwingi wa uhitaji wa usafiri lakini hutoona kero ya kusimama kwasababu ya muda mfupi unaotumika tofauti na zamani.

Kwa hali ya hewa ya joto kwa jiji la Dar es salaam, kusimama kwa masaa mengi ni kero ambayo si tu inapoteza muda kwa watumiaji bali pia hata kuchelewesha shughuli za maendeleo.

Mabasi haya yana nafasi ya kutosha kutoka kiti kimoja mpaka kingine, hivyo kuwapa starehe watumiaji. Burudani ya radio na kengele ambazo mtumiaji utumia pindi anapofika katika kituo chake husika zinaongeza uzuri wa usafiri huu, ingawa kengele nyingi zimeharibika kufuatia kukosa maelekezo ya matumizi yake sahihi.

Mabasi haya pia yanaulipaji kwa njia ya kadi, ambayo unaweza kupitia MAX Malipo au NMB bank, njia hii hupunguza foleni wakati wa kukata tiketi.

Hata hivyo, bado kuna baadhi ya changamoto zinazokabiri usafiri huu wa kisasa, suala la mtandao kutokuwa imara na kusababisha foleni kubwa kwa baadhi ya nyakati ni moja ya changamoto. Kasoro nyingine ni ukosefu wa chenji na mtandao kukatika mara kwa mara. Changamoto hizi ni vema zishughulikiwe kwa haraka ili kuweza kuendelea kutoa huduma nzuri. Lakini pia, usafi na maelekezo sahihi yazidishwe ili vituo vitunzwe na kuendelea kuwa bora.

Of Faked orgasms and fragile egos



The point of having sex to enjoy and climax, right? I mean you don't hop in the rove and romp to sweat and heave for the calories you will burn? Would sex be appealing if it wasn't for the reward of the O at the peak of the matter? I doubt it.

So why do women fake orgasms? You might be there thinking, am the man. My woman enjoys my game, she would never deceive me, Man I hit the spot brother! Everytime.

Well brother think again, look at your woman again see that smile that you love so much and question it. Is it genuine? Is she for real? You know why? Because 90% of those we surveyed for this article admitted to faking an orgasm at least once, hell some even fake it always. Some don't know what it means to get a climax from the romp in the sac. A sad state of affairs.

So why do they do it?

Well, Sometimes she is too tired for sex and you insist. So they let you enjoy and fake an exit so you let them sleep.

Sometimes she is thinking of how you annoyed her and she hasn't quite forgiven your last blunder, she just isn't into it.

Maybe she is a saint turned sinner and her guilt won't let her have it.

Maybe she is shy and hasn't figured out what she wants and needs from you.

Sometimes your foreplay is wack! and she just isn't ready for you.

Overall she does it to protect you. She doesn't want to bruise your ego. She has been taught that her body is sacred, while yours is sexual. She has been sexualized, cooed at and desired but taught to hide her desire least she be labeled a slut.

Pleasing a woman is not solely a man's responsibility. Both parties need to be present, that is, in the moment. Not thinking of laundry or what boss did today.

A man's ego feeds when he makes the woman genuinely climax, so by faking it, you're feeding his ego vapor. It makes you a liar, and gives your relationship a weak foundation. It might take a bit longer for the woman to get there but I am sure most can attest that it is totally worth it. The journey to the big O will do more good than harm. It will flavor your love relationship and nurture patience. You might discover how far he can go to please you and love him more for it. Ask yourself why you should pass up this opportunity for a healthier relationship.

"You know it is embarrassing when he has already come and am nowhere to the real thing, saving us a weird moment I fake it and pretend am done". One lady commented.

Don't be embarrassed. That weird moment is necessary for an open relationship. As plain as it is, conquer your fear, embrace the ugly truth and foster open communication with your partner.

Say it loudly "BADO".

Let him discover more and more of you and feed his ego rightfully so when the real thing goes off.

So what to do?

The key to great sex is good communication, the right chemistry, the right moment, the right understanding of the wants and needs of both parties, consideration and a bit of selfishness. Yes a bit of selfish determination to enjoy and enjoy to the maximum, within consensual limits of course.



Soul Food

Stop for a minute and ask yourself this question, what does your soul truly want? Is it positive? Are you reaching out for something outside of you but you can't seem to catch it?

Life forces us to harshly cope with changes and life is about change. We became so busy dealing with it and forget what is necessary.

Caring of your soul is important as any other thing. Some do this through Church, meditation or satisfying an appetite of what we crave. It could be buying that expensive shoe or necklace, hanging out with your buddies or golping down that glass of wine.

Giving the soul what it wants is a good thing. Only if what you give it is good. If it's bad then the soul mourns later, taking you back to square one.

To take a step ahead toward success one must carter well to the soul, infuse your mind with positive vibes and be kind to yourself.

When you're always feeding your mind bad things even your soul will crave things that are distractive.

Beware of what you feed your mind. As a man thinketh so is he.

A well trained soul is attractive, attracts good people and good things. A well trained soul is beautiful, kind and always handy to others.

This is the soul everyone will like to be associated with. This is a soul everyone wants to get to business with.

Aunty kinky?

Dear aunty kinky?
Mimi ni msichana wa miaka 28, nina wapenzi wa 4. Na wote nina wapenda kiasi kwamba nilitamani niruhusiwe kuolewa na wote.

Utashangaa kuna wanaofanya hivi, lakini wanakuwa either mmoja wao ana hela la!

Wangu mie wote wana hadhi na kipato cha chini. Lakini tuu imetokea nawapenda sana.

Sijui hata kama nimekuandikia kupata ushauri au maoni yako? Lakini am happy nilipo.

Wanaume wangu wote wanajuana, na wanayo ratiba inayoeleweka ili kuruhusu kufurahia mapenzi yetu.

Maisha yanasonga, japo inaniumiza nakuwa nashindwa kuwatambulisha wote kwa ndugu zangu, wengine usema ni marafiki zangu tuu.

Natamani dunia ijue kwamba wote nawapenda.

Salam,
Asie na jina.

Jibu: Wawwoo!! hongera sana kama una furaha. Maana kuna wenzio wanaisikia furaha kwa jirani zao japo wako katika mahusiano ya mpenzi mmoja, wewe una wa nne, wote wanajuana na umefanikiwa kujenga kijiji chako chenye amani. Salute kwa hilo!! Sasa sijui nani mgonjwa kati yenu. Wewe au hao wenza wako. Ingawa hueleweki kwa jamii, kukukosoa na kukushangaa ni muhimu, kumladhi wengi watakuwa wageni katika mapenzi yako ya mwendokasi.

Watu hutegemea hayo kwa mwanaume; hata katika dini zote hili hali ruhusiwi, katika na katika dini ya kiislam kwa vifungu vifungu na utaratibu unaoeleweka mwanaume hurusiwa kuoia wake zaidi ya wawili, wa nne? Sina uhakika. Sasa basi, japo hufahamu kama unataka ushauri au unataka maoni. Aunt kinky anakupa ushauri. Baby girl you're so nasty, I only hope you take care of yourself very well. Kuna maradhi hapo.

Na ninaamini ni kinky phase na upepo wake, itapita. Sasa ujue miaka 28 wanawake wanashauriwa kuhusiana kwa malengo. We mwenzetu malengo yako ni yapi ?

The ugly truth is hawawezi kukuoia wote hata mkikubaliana, na sidhani kama wote humaanisha kama wewe unavomaanisha. Kwao hiyo kwao ni game, na mtu anayepoteza hapo ni wewe. Sehemu zao za siri si ufutio hata uishe, ila wewe mtoto wa kike unachakaa na kujizeesha.

Tena u binti mdogo kabisa, Jitunze na maradhi, linda nafsi yako na upotevu. My dear, acha mapema na utafute msaada wa haraka. Mimi aunty yako nimekujibu niwezavyo, na wala si psychologist wala psychiatrist kujua kwa undani zaidi ya hapa. Lakini wasiliana na namba hii kwa ushauri zaidi. 0717 257 664, atakupa muongozo zaidi.

Nakusalimu,

Muandikie aunt kinky, weka wazi, bila kutaja jina lako, yote uyafanyayo na unayojua kwamba si ya kawaida katika jamii na unahitaji msaada na ushauri. guiltypleasuretitokmagazine@gmail.com

SLP 33617, DSM



Cuisines

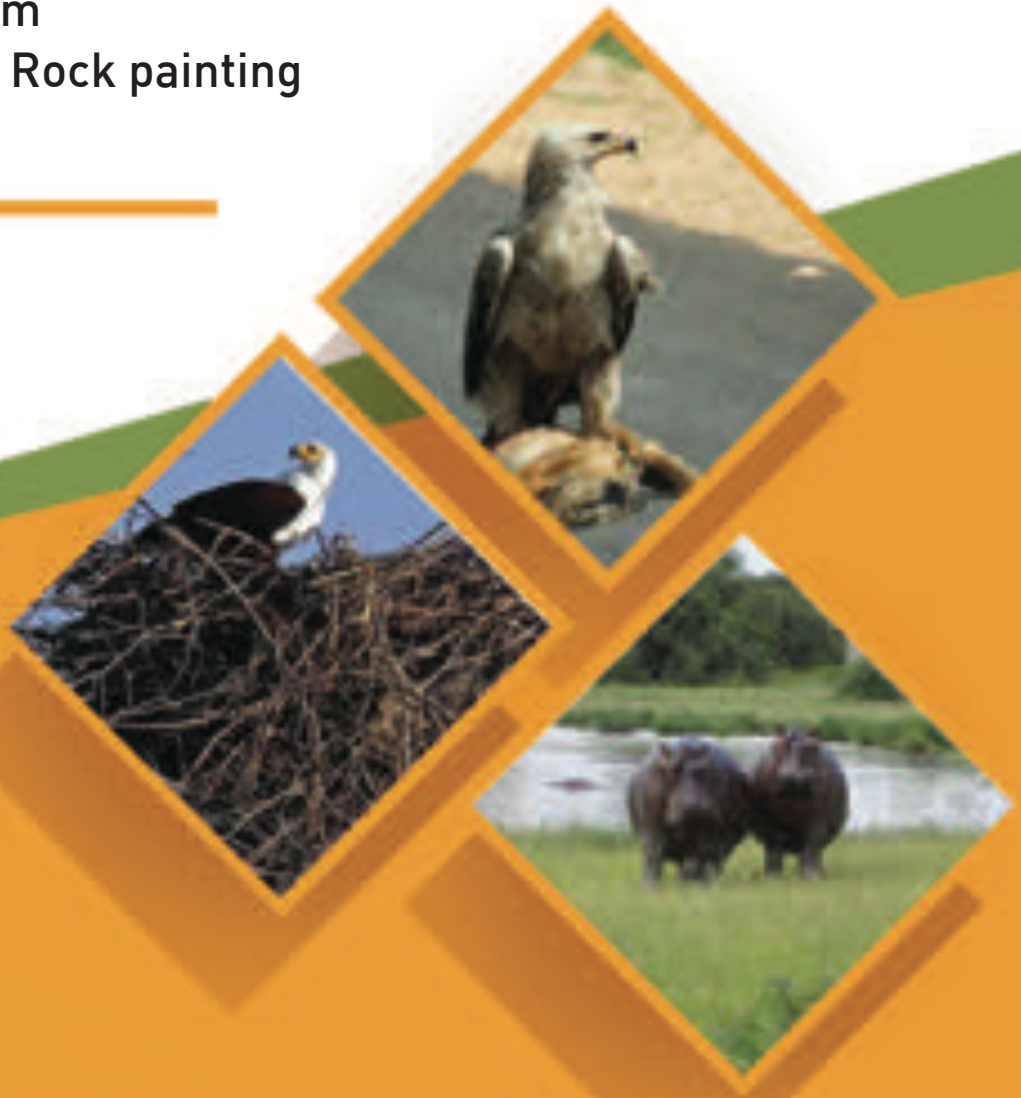
Make perfect **BURGERS** *at home*

1. Peel the onion, slice in half through the root and trim off the top. Place outside down on a chopping board. With your knife parallel to the board, cut 3 slices through the onion, keeping the root intact. With the knife point at root end, cut down through the onion from top to bottom 4 times. Holding the root end, finely slice to give you small diced pieces. Tip the beef into a bowl with the onion and egg, then mix
2. Divide the mixture into four. Lightly wet your hands. Carefully roll the mixture into balls, each about the size of a tennis ball. Set in the palm of your hand and gently squeeze down to flatten into patties about 3cm thick. Make sure all the burgers are the same thickness so that they will cook evenly. Put on a plate, cover with cling film and leave in the fridge to firm up for at least 30 mins.
3. Heat the barbecue to medium hot (there will be white ash over the red hot coals – about 40 mins after lighting). Lightly brush 1 side of each burger with oil. Place the burgers, oil-side down, on the barbecue. Cook for 5 mins until the meat is lightly charred. Don't move them around or they may stick. Oil the other side, then turn over using tongs. Don't press down on the meat, as that will squeeze out the juices. Cook for 5 mins more for medium. If you like your burgers pink in the middle, cook 1 min less each side. For well done, cook 1 min more.
4. Take the burgers off the barbecue. Leave to rest on a plate so that all the juices can settle inside. Slice each bun in half. Place, cut-side down, on the barbecue rack and toast for 1 min until they are lightly charred. Place a burger inside each bun, then top with your choice of accompaniment.



WE OFFER

Safari trip
Biking
Bird Watching
Hiking
Town tour
Tour to local Destinations
Isimila stones tools
Kalenga museum
Gangilonga and Rock painting



TikTok
Jordan





Air Tok

Fashion







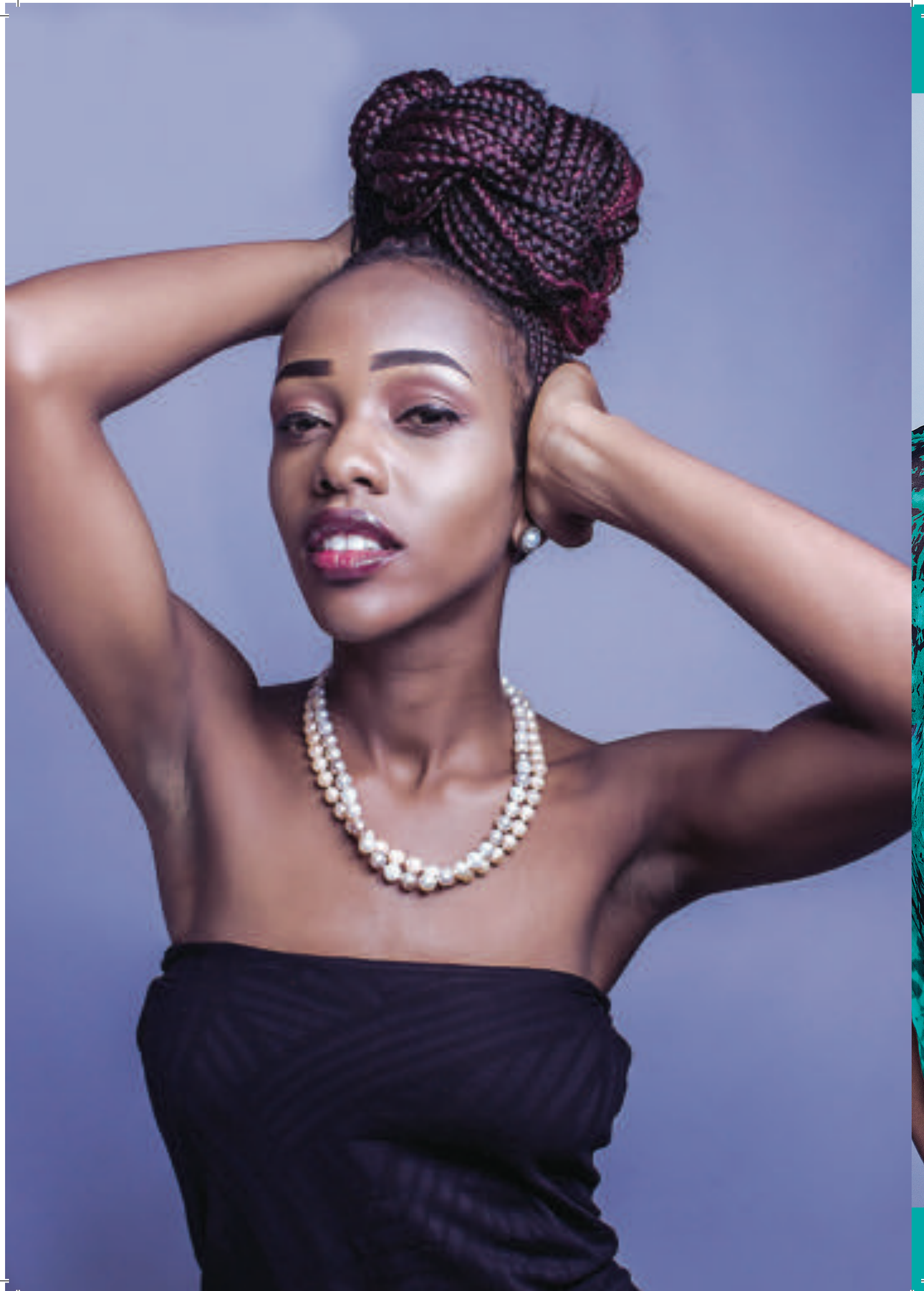


Nik Tok
Fashion











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Je nini kusudi la maisha

Je umewahi kujiuliza nini maana ya maisha ?
Je kwanini umezaliwa au kwanini upo duniani leo ?
Je tupo hapa kwa ajili ya kufanya nini ?
Je ni kuishi tu ? kuzaa tu ? kula tu ? kuoa/kuolewa ?
Maisha yanakuwa hayana maana kama sisi tupo hapa
sababu ya kula, kuzaa, kusoma, kufanya kazi na kufa,
halafu watoto tunaowaacha wanafanya hivyo hivyo.

Kusudi hasa kwenye maisha yako ni nini ?

Kuna mtu mmoja ambaye ni atheist (haamini Mungu) alisema hivi:

“Mpaka tunapomfikiria Mungu, swali la kusudi la maisha litakuwa halina maana”

Ni ngumu kidogo kwa mtu kuelewa nini
maana kwa ya wazi kwa mtu kwa yake
ambaye hajarali kuishi ndani yake
kwanini anadhihirisha maisha yake yama
“mamiki” kutwazazi ya yaliyo wao

Kila kila daima ni wazi kwa Mungu
(wakiolima 1:16) Kila kila, chawote,
kwa kila kila hapa daima, wazi kwa
na na kwa ajili yake na kwa utukufu
wake. Wakati Mungu anadhihirisha
alikundisha “kusudi” na maana halisi ya
mwenye wa daima japo alikuwa akisi na
utwazi wa kwanini wote mwenye
kwa kila kila



The Shepherd

Haujajiumba mwenyewe kwahiyo hakuna njia unaweza jiambia ni kwanini umeumbwa. Mfano leo unapewa kifaa fulani ambacho hukuwahi kukiona wala kukitumia kabla, je utajua kusudi la kifaa hicho ? kinafanya kazi gani ? madhumuni yake ni nini ? ni mpaka uelekezwe na aliye kitengeneza, kujua kifaa hicho kinafanya kazi gani.

Wazazi wako walikuwa ipa kuwa wewe kufika hapa duniani, lakini Mungu alikuja kungu upo kwenye msa maisha yako (Yeremia 1:1) alikuja kusudi la hapa duniani ni nini hapa.

Lakini Mungu ni waajabu sana, baada ya kumuumba binadamu akamwachia uhuru wote wa kuamua jinsi ya kuishi atakavyo yaani utashi huru (freewill), uhuru wakuamua chochote, kuishi vyovyote, kumtafuta Muumba wako ama la, yeye alichofanya nikuamua kuweka mwongozo (biblia) ili kila mwanadamu aweze kupata maelekezo yake au mapenzi yake na jinsi gani yakuishi kwa kumpendeza na kufuata misingi yake kama chanzo chetu kikuu

Kusudi la Mungu katika kila mwanadamu anajua yeye mwenyewe aliyewambwa lakini wote mwenyewe hawazi kujua kwanini upo hapa, au kwanini nipo hivi au vile, kwanini tupo kama wtu mwingine yeyote hapa duniani. Biblia inasema* Ni Mungu pekee ambaye anapongota maisha ya viumbe vyake; maisha ya kila mmoja yapo ndani ya uvuto wake.

Jiulize Mungu ameniweka hapa duniani kwa sababu gani ?

Natakiwa kumfanyia nini muumba wangu ?

Natakiwa kuwa wapi sasa hivi ?

Kipaji changu asilia ni kipi ?

Je, nakitumia katika utukufu wa Mungu ?

Je utakapofika mwisho wa maisha yangu,

Mungu atakaponiuliza

nitamjibu nini ?

Tafakari!

Chukua hatua.

Onion Miracles on Hair



It is no miracle to deal with hair loss at any age. A quality product can show promise in hair treatment, most of which cost a fortune reachable only to those with deep pockets.

And WHO TOLD US: WE CAN!

If you are seeking a simple way to achieve hair growth, there is one ingredient that has been researched and overlooked - the humble onion. Inexpensive and readily available, onions can be the end to all of your hair woes.

To know the why and how, read on!

Why Is Onion Effective In Facilitating Hair Growth?

Onion is enriched in sulphur, that helps with numerous hair conditions that causes hair to fall out. You must know that you have hair loss problems, when more of your hair ends up on your brushes than on your scalp.

In fact, hair loss has been linked to the absence of high sulfur protein. That it made up of proteins, one of which is keratin. It is responsible for giving hair its strength. Sulphur is known to stimulate bloodflow and growing.

The chemical bonds that sulfur forms determine the texture of your hair as well as its health. Methylsulfonylmethane is a highly absorbable source of sulfur, which is found in onions. It helps with the formation of keratin in hair, which results in hair growth.

Onions have potent antibacterial properties and help fight infections of the scalp. This in turn helps reduce hair fall as scalp infections can cause massive loss of hair.

Recent research shows that the topical application of onion juice can help with Alopecia areata, an autoimmune disease where the body attacks the hair follicles, resulting in spot baldness. Onion juice helps with the re-growth of hair in the spots where the hair has fallen out. Onions are very good at hair follicle movement and help remove fat deposits in your scalp.

How to use the Onion

- Wash the onion thoroughly and peel off the outer layers.
- Chop the onion into smaller pieces and mix into a blender. If you are using a grater, use the finest side to grate the onion.
- Place the pulp in a strainer and squeeze out as much juice as possible.
- Using your fingers, gently massage it into your scalp using circular movements.
- Let it sit for approx. one hour.
- Rinse it off with a mild shampoo of a nice fragrance to get rid of the pungent smell of onions.
- Do this often to witness the benefits.

Benefits

- Rich in antibacterial and antifungal properties.
- Help reverse the effects of premature greying.
- Onions gives a healthy shine to hair, which can become permanent when used regularly.
- Research has found that onions have the ability to prevent neck and head cancer.
- Onions make your hair unsuitable for lice.
- Add volume by using onion juice for hair.
- Onions can be used to fight dandruff owing to their rich anti-bacterial properties.

Caution: Those who are allergic to onions, even its topical application can bring about a reaction. Also, certain medications such as aspirin can increase sensitivity to onions. A patch test is necessary before using onion for hair treatment.

The odor of onion will be retained in your hair until the next time it is shampooed.

Slaying in red on the red carpets



1. Rachel House styled a not-so-ideal blither and modelling pattern by Veronica Beard at the People's Choice Awards

4. Sophie Turner in Louis Vuitton at the 26th Annual Screen Actors Guild Awards (SAG) at The Shrine Auditorium on January 21, 2017 in Los Angeles, California

5. Zoe Saldana in Gucci at the Golden Globes 2017 Awards

1. Kate Beckinsale kept up with appearances at HFPA and InStyle celebration for the 2017 Golden Globe awards season in Los Angeles

2. Actor Millic Bobby Brown attends the 26th Annual Screen Actors Guild Awards (SAG) at The Shrine Auditorium on January 21, 2017 in Los Angeles, California

KID'S CORNER

Beautiful Skyner



Would you love your kid to be featured in this page ? Call us 0743 73 33 29. Or write to us tell us why should we feature you baby on this page.

Beautiful Skyner loves Poses better than food

This baby is runway ready and she loves to pose.

A cheerful Skyner posed for us with charm. She made the shooting day easy and fun to go through.

Apparent she was so excited about the shooting that she didn't mind eating up her meal without the usual resistance and drama she puts up.

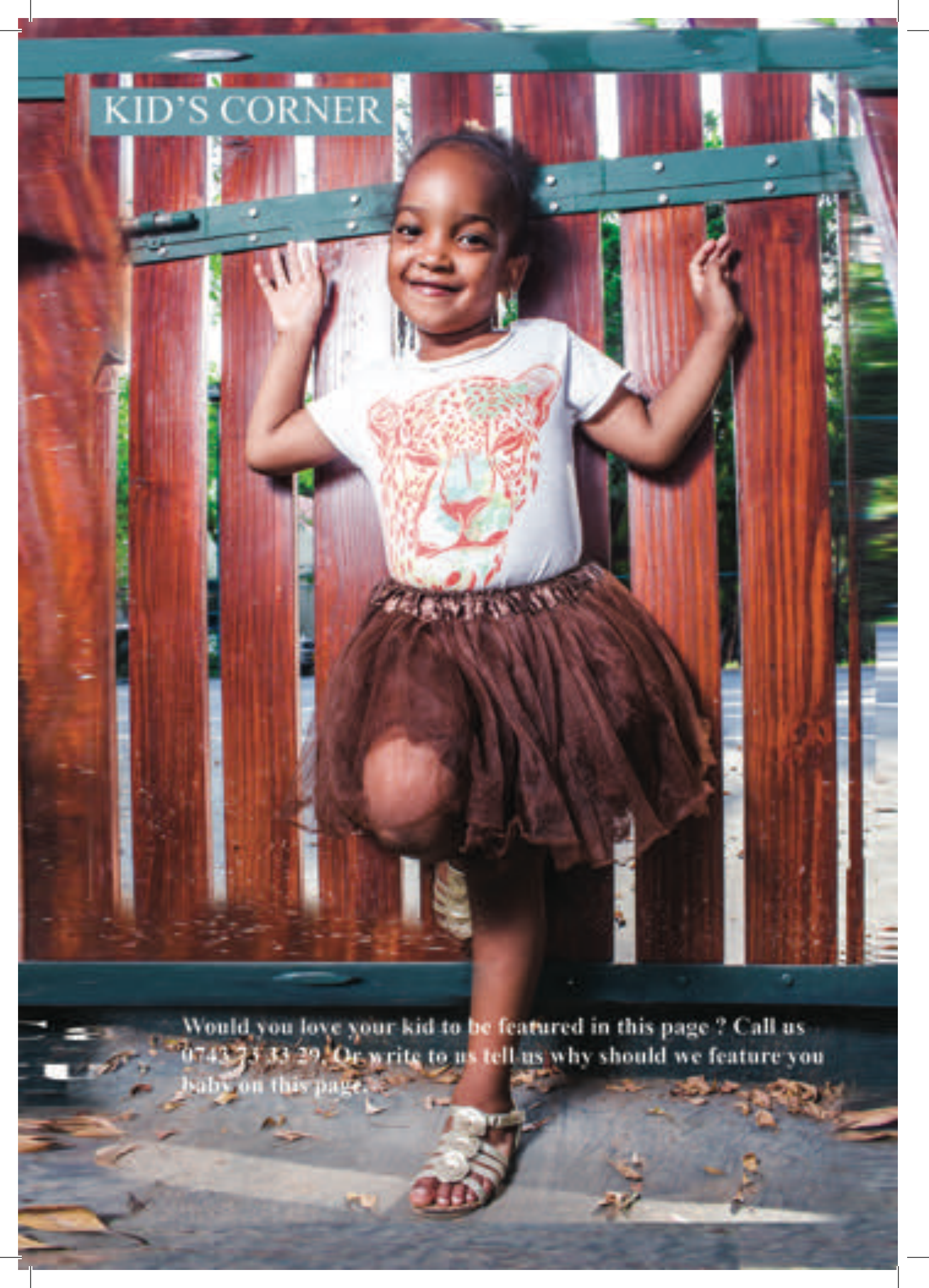
She wore denim on denim, a tutu and traditional dresses for the shoot.

In the authentic poses, Skyner in was styled in an African print dress and Indian trait dress.

She finished her shoot with casual white leggings worn with a yellow mellow top. The look was matched with hot pink sandals from the color that popped most from her legging.

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KID'S CORNER

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baby on this page.

KID'S CORNER



Casual white leggings
worn with a yellow
top.



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FASHION

Accessories
By Manyatta



FASHION



FASHION





FASHION

Model :Elizabeth Simon
Trend: Choker , Green Top
& short silver skirt
Accessories: Manyatta
Photo Credit: Mani24
Styled by Johary Jaffary

FASHION



Model: Lydia Solomoni
Trend: High waisted pants
Lace sleeves blonde x bow tie
Photo Credit: Mani24

Styled By: Johari Jaffary

A woman with dark, curly hair and sunglasses is posing against a background of numerous compact discs (CDs) and a mesh skirt. She is wearing a white t-shirt with a large gold Nike logo. The background is a collage of CDs and a mesh skirt. The word "FASHION" is written in white capital letters on a dark red rectangular background in the top right corner.

FASHION

Model: Johari Jaffary
Trend: Mesh Style

@tiktokfashion

Styled By: Jon Jon
House of Style



FASHION


Model: Lydia Solomoni

Trend: Wide legs pants

Accessories: Manyatta

Styled By: Jon Jon

House of Style



Model: Elizabeth Simon
Trend: Off the shoulders top

Styled By: Jou Jou
House of Style



Model: Elizabeth Simon
Trend: Stripes crop top
High waist pants
Accessories: Manyatta
Shoes: Tik Tok fashion
Styled by Joa Joubert of style.



MESH

Floral short
Off the shoulders

MODEST:

Johari Jafari

Fashion & Trends

- Mule

- Grenery 2017
color of the year

- Cullotes

- Sheer blouse

- Nude blocks

- Lace Top



FASHION





FASHION

Model: Lydia Solomoni
Trend: Wide legs pants

Accessories: Manyatta
Styled By: Jou Jou
House of Style





Fashion





Fashion

Fashion



Fashion



Fashion





FASHION

Model: Lydia Solomoni
Trend: Baseball hat
Feather Jackets
Styled by Jon Jouhouse of style

Curvy girl trend and tricks to stay stylish

Let's face the truth, despite most of African women being plus size, clothing Options in that category is so limited. You need to make an extra effort be trendy and stylish.

Not all the trends are fit for plus size /curvy chicks. You loving it is one thing, forcing to style it is the awful thing that should be avoided.

Style on your zone and make the trend submit to you and not you submitting to a trend. This will help you be free and classy all time.

Big up for plus size brands who are learning what their customers crave for in fashionable clothing.

You need to apply your personal tricks and taste to keep up with the harsh fashion world.



- Rely on the fits that slender your body. You don't want to be all puffy and divided. It won't look good.

- To avoid unflattering fits, opt the custom made clothes where you will get a chance to fit and fix before you style.

- Avoid the ruffles around your waist, go for ruffles that won't add to your curve.

- The bodysuit tucked in a skirt or styled any how are a go, this will help contain and flatter your body.

- Off the shoulders style, are a go for a curvy chick, they will help you flash some skin without making it too revealing.

- Chokers are a go even when you have a short neck, instead of a huge statement necklace that will make your neck too detailed.





Curvy girl trend and tricks to stay stylish

- Block shoes are a curvy girl's best friend, they will elongate your legs while giving you the confidence you deserve.



Curvy girl trend and tricks
to stay stylish

• Add taste in a slip style
outfit, slip it in style, not
droopily, let it be classy and
stylish.

trends for 2017

Statement Earrings

Statement earrings have been a favorite of the fashion set and partygoers this year, and it seems the trend will continue to dominate in 2017.

Preview some of Dolce & Gabbana's statement earrings.



Handcrafted in Italy, this fabulous statement piece by Alasia features impeccably unique and vibrant stones.



Maryatta an accessory brand based in Dar es Salaam has some pieces worth styling. We have collected our best, visit them to buy all these featured collections or any of your choice.

Metallic Effect



Alice + Olivia Alessandra Pleated Gown French Connection Foil Pleated Dress



1. Ralph Lauren
2. A.L.C., Barney's New York
3. Top Shop

Gucci Metallic Pleated Dress,
Loewe Metallic Silk Blend Dress
Vivienne Westwood Pleated Dress,
Topshop Unique Dress,
Warehouse Pleat Dress,
Mango Metallic Dress
Ariella Metallic Dress
Silver Shift Dress



Giuseppe Zanotti Sandals

You can dazzle with ranges of metallic without second guessing yourself on the weather or location.

Yes! Even location, traditionally most people are conservative thinking the metallic is supposed to be worn only at night well, a flash of good news! You can rock this color anywhere everywhere.

When it comes to office, adhere to the rules and regulation of your office, if you have none, you can style it.

The ranges of shiny metallic are silver, gold, copper and more. Be it in clothes or in sneakers, the color is in trend and is fashionable.

The color complements a variety of skin tones, just opt for the ones that will be suitable for you.

For dramatic effect, a shiny silver metallic dress on a black skin tone will dazzle and stand out from the crowd.

THE PLEAT IS HERE TO STAY



The pleat is here to stay for 2017. Designers wengi wametumia katika mitindo tofauti ya nguo.

Kuanzia skirts and dresses, na blauzi na aina tofauti tofauti katika materials tofauti.

Designers hao include, Gucci, Arthur Arbesser, Fendi, Salvatore Ferragamo pamoja na Jil Sanders made the whole idea more tasteful kwa kutengeneza side pleats.

Easy to style na haichagui mwili, hata kwa oversized watavaa na wembamba pia.

Turtle neck •

It is winter in most western countries and it will stay that way until Spring hits, turtle necks are part of the warming up idea, trendy in those parts of the world.

However in warmer cities like Dar es Salaam this trend is redundant, Unless you want to roast in the sun, go for a trend in lighter outfits.

Turtle necks in dresses, tops and jackets.

They can be worn for a night out with friends, they are stylish and trending. Evidence seen in Blumarine, Alexander McQueen and Ermanno Scervino.



Trends for 2017

Volume sleeves

The voluminous sleeves are all that you need to trend with this year. Get them in different materials; we have picked the trendiest to show you how big you can go in material of your choice and trend.

The bigger you get the better, trend with this style.



Grey trends is demonstrating how big you can go with the sleeves.

Give your staple tapered pants an upgrade with a volume sleeve blouse to complete the look.

All these pieces featured here are available for purchase at www.greyprojects.ng



Monochrome sleeve dress by Chloe & Balenciaga Spandex boots.

Many designers included them in their Spring 2017 runway shows. Designer like Riccardo Tisci, Stella McCartney, and Alexander McQueen.

This means you won't be investing your money in a dying trend that will be outdated before you know it!

Trends for 2017

Slogan tops with empowering messages

Think of a few slogans that empower you in different situations, I know I can, God is my strengths, Ni Salama, Moyo Wangu Nampa Bwana, girl, let your tops speak for you this year. The empowering message tee and tops, are in trend, get them and style them.

Designer Stella McCartney, best known for her sustainable ethics, sent down versions that read "Girls Thanks, and No Fur, No Leather," while Dior's Maria Grazia Chiuri received praise for her "We Should All Be Feminists" tee.

How to wear them

Tuck into skirts
and
high-waisted
jeans or layered
over a dress.





Mesh Style & fishnets

If you are up for some skin breathing and gothic looks, the Mesh is.

Fishnet stockings also keep on appearing. You can style them in different outfits, skirts, dresses, or tops. When it comes to skirts, mostly short and knee length skirts appear in this trend.

Mulberry Spring Fall 2016-2017 collection has got this trend.



Trends for 2017



Stripes

Stripes are in for 2017. They have been in trend for two to three seasons. Not just some stripes in a certain piece, but stripes in everything are in fashion, be it in suits, in tops, dresses, and any item you can get, just get it in stripes and live this revolution.

Tena ukizipata katika rangi za mwaka huu, and those that are commonly known usiache ku style na kufurahia vazi lako.





Cropped Pants and Culottes

If you thought the culottes are over, you will need to think again and grab some more pairs for 2017.

The culottes and cropped flare pants are still in fashion.

There are different lengths to the cropped pants, but generally they fall below the knees and above the ankles and are not always flared at the ends like the culottes.

We see some velvet culottes at Lacoste, Gucci, Mosse and Saint Laurent Fall 2016/2017 collection.



High Waist, ankle cropped pants

“The high waist pants need to be tucked in to perfectly show off and display the waist”



These pants can be casual or official depending on the finishing.

They can be easily styled by any medium or large sized woman without a fat belly.

The high waist pants need to be tucked in to perfectly show off and display the waist.

For more style tips, keep up with our next issue and our magazine instagram account to know what is trending.





2017 Shades of Greenery

Fifi Sagar, a Tanzanian designer based in Dar es Salaam, gave us a taste of the 2017 color of the year.

Greenery was declared by Pantone as 2017 color of the year.

Pantone is the authority on color, a provider of color systems and leading technology for accurate communication of color.

As the market leader in color, Pantone sets color trends not only in interior décor but also in fashion fabric.

This year they gave us greenery. It can be seen as a symbol of a new beginning, a fresh start, growth, healthier food options or even going vegetarian.

Greenery is energetic, fresh and nature's good fortune. It's all that you need for 2017. It can be styled with dusty pink.

@fifisugardesign styled Hamisa Mobeto a famous model in Dar es Salaam.

Hamisa wore a long trail evening dress, the dress features sexy open back cut and appliqué lace.



trends for 2017

Next Season's It Bag Isn't Really A Bag



2



3



4



5



1

2017 with stylish handbags

For spring 2017, Louis Vuitton's Nicolas Ghesquière introduced an iPhone case version of the brand's signature leather bag, while Chloé, Valentino, and Dior sent down mini purses just big enough to hold your beloved device.

1: Dolce & Gabbana Cassette Player Shoulder Bag

The handle in this Dolce & Gabbana bag is made using wood. It features a rigid exterior and internal slit pocket.

2: Nancy Gonzalez's crocodile bags are meticulously handmade by local artisans in the designer's native Colombia. Designed in the shape of a hexagon, this clutch opens to a leather-lined interior with just enough space for your evening essentials.

3: Orange, green and hibiscus red leather bag by Gucci. features a shoulder strap, bamboo handle with 4 inches drop and detachable shoulder strap with 20 inches drop. www.gucci.com

4: Simon Miller's cult favorite "Blossal" bag is made from supple leather. Handcrafted in a cylindrical silhouette, this style is complete with two polished silver handles. The unlined interior ensures there's enough space for your cards, keys and cell.

5: This Dolce & Gabbana bag is made using diaphane and features cherry details and leather top handle.

2017 focus on Asymmetrical & off the Shoulders

This intriguing style has no rules
on how to be styled and worn.

You can go bold and pull your
statement look in any material of
your choice.



Trends for 2017

Trends for 2017



Pop trends of 2017

1: Sneakers

Sneakers will continue to be extremely popular this year.

2: The Mule shoe styles

IN: You name it, flat mules, low block-heel mules, and heeled mules, sneaker mules, in all fabrications and colors including velvet, satin and canvas. They were a thing in 2016, and it will stay that way in 2017.

3: The Crocs shoes

Be ready to change the traditional classification of this shoe style, the shoes are loved by nurses and chefs around the globe for their comfort.

We can't wait to see the brave souls who trend with this style.

Caution: plastic are not friendly in heat. Ukijikuta at the middle of Kariakoo in plastic mules then discomfort will be part of your endeavor.



Mules



2017 Trends

The Ugly Shoes Trend

This is not a parody created to make you laugh. This is real and the trend is here to stay in 2017.

I bet I will see some stylists in the ugly shoes trend. Some of the shoes excited us and some made us laugh, watching the ugly shoes on major designer's runway was the funniest thing ever.

1. Maison Margiela Spring 2017
2. Prada Spring 2017
- 3&4. Paco Rabanne Spring 2017
5. Anya Hindmarch Spring 2017
6. Prada Spring 2017





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Mwanamke Staha

Cha kwanza ni kujua mitindo inayovaliwa kwa wakati hao. Mfano ruffles, pop colors, pleats, Abaya zenye urembo na zile zilizo plain, viremba vyenye urembo hata pin za kufungia zenye nakahi nakahi ili tau kutengeneza mvuto katika vazi lako.

Ni rahisi, chagua kinachokufaa huku akiwa na uhakika kitakastili. Mfano skirt ya marinda

(Pleats) ndefu mpaka chini katika rangi uipendayo. Ukichomekea na shati lako la mikono mirefu. Basi unakuwa ushaenda na wakati.

Natumia vigezo hivi kutafuta kinachonifaa kwa wakati.

Naangalia nini kipo kwenye fashion nachagua kulingana na mwili wangu. Epuka nguo za kubana. Na kama wavaa shati liliwe pia la kupwaya sana. Wide leg pants ni chaguo la kisasa katika etara.

Tafuta rangi zinazoendana na ngozi yako. Ili kukupa mvuto katika kupangilia.



Kuwa na aina tofauti za vitambaa vya kichwani. Vile vyenye rangi mchanganyiko na vile vyenye rangi moja. Vya rangi moja ni vizuri kwa matching.

Usilogope viatu virefu. Viatu virefu kama una vimudu. Vaa kuinyanyua nguo yako ndefu. Na pia vinaongeza uzuri wa vazi lako.

Chagua mavazi yanayokustahi katika yale yanayovaliwa na wanawake wengine.

Mfano pulneck au mtindo wa turtleneck katika mavazi tofauti kama gauni au tops. Hii itakusaidia kwenda na wakati.

Mtindo wa kuvalia kwa juu. (Layering) Pulneck zinafaa. Unaweza vaa na t-shirt yenye ujumbe mzuri au blausi ya mikono mifupi na skirt yako ndefu. Pia corset belt kuongeza mvuto na mtindo katika mavazi yako.



Value of a Confidante

When Mary, was given the biggest news of her life, she had no husband to confide in. Her first response after a visit from the angel of the Lord was to immediately go out and seek Godly counsel from her cousin Elizabeth. *(Luke 1:19-44)*. When I read about that, it got me thinking of how important it is to have a close friend. As we grow we tend to have many friends we call best friends. But as we grow older we realize the value of that one friend we can't do without. The truth is, you only need one, to confide and bond with. Lucky are those who have that one best friend from childhood to adulthood or for 15th to 30 years and counting of friendship, to the point they become sisters and cherish their relationship.

A bff is a sister placed in your life for a purpose. There are women with a weakness of telling everyone about their life, experience shows that this is a bad idea. It makes you vulnerable and a topic to be discussed in not so flattering quarters. As women we have many issues, we need that one person besides a spouse to help ease the tension of life and relationships. Your husband's companionship is so different from your best friend's. Even if you confide in your husband, a sister will help bring out your free soul releasing you to enjoy and cherish the beauty of life.

A shoulder to cry and lean on when you need one, hold onto and play your role in each one's life. The following are mentioned to be qualities of a bff. They may help you find one or filter some out.

- Have a steadfast walk with God.
- Give Godly counsel in truth and love.
- Encourage you in your walk in faith.

- Encourage you in your marriage, studies, career and relationships.
- Be someone whom you desire to learn from.
- Pray for you and encourage you when you are down and out with the stresses of life.
- Rejoice in your successes.
- See your God-given gifts and encourage you to use them.

Mahaviana Relationship

Each one of us can increase his/her peace by simply minding our own business and not giving our opinion when it is not requested, we have no power to change our friends, lovers, sisters, brothers.

Only God can work within the heart of a person and make true changes that last forever.

The only way to help a person or our friends is to pray hard for them. We should pray with all humility, reminding

It is very easy to see what is wrong with other people but quite difficult to face our own shortcomings.

There are times that call for a change in life, within you or someone you care for. Regardless of the circumstances, the question you need to ask yourself is how do you make that change?

Answering this question will help you understand how you can help that person you care for change as well.

Last year I met a friend who was very angry, frustrated, hurt and vengeful.

He was heartbroken and was dealing with betrayal from his past relationship.

I have come to learn that heartbroken people need someone to just listen to them.

I wanted to help this friend heal and move on from this dark and painful place he was in. I could not make him forget, no matter how hard I tried.

I could see him transforming to a totally different person. He needed help to deal with the pain and mend the pieces of his broken heart.

DEALING WITH CHANGE



DEALING WITH CHANGE

I tried to be there for him, cancelled my meetings and called off all social gatherings so I could be there for him. We spent a lot of time together. I had literally put my life on hold for him. He was important to me. I wanted to get back my old friend. Despite my efforts, I started feeling like my help was not appreciated.

I came to a realization that I could not change my friend. He would not go back to his old self again. I was disappointed and frustrated. So, I decide to not bother about his attitude. Instead, I prayed for him.

Over the years, our friendship has grown a lot. I do not worry when he rejects my opinions about how he needs to deal with certain issues or situations.

I let him be. We all need some boundaries. We need to know that we can not control everything in this world. So, if you need to introduce change, Pray about it. If you feel the need to impose change in another person's life don't insist, give them space and keep your opinions to yourself while you pray. Don't let rejection slow you down. I wish you the best of luck as you put your loved ones or friends in prayers for that big change! Until next time...





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work out

Health and fitness

Many individuals don't understand or think little of the significances of good health. Being healthy is not just about a healthy body but also healthy mind too. An unhealthy mind leads to an unhealthy body and the cycle repeats itself.

There are important different ways we can keep ourselves in good health. Physically and Mentally. Being able to prioritize, reduces stress from our body and mind. An individual can stress their body and mind in the following ways:

- Foods they eat (Unhealthy eating)
- Lack of exercises.
- Lack of enough sleep.
- Excessively overreacting

An undesirable lifestyle brings about an unfortunate body. Great psychological well-being helps you to benefit as much as possible from life and appreciate it. 'HEALTH AND FITNESS IT'S NOT A FAD BUT A LIFESTYLE'

Not everybody knows how to nurture their bodies. Exercising and eating the best possible food are the most ideal methods for keeping the body sound. But, you may ask how does one keep their mind healthy? A healthy mind requires some work, practicing mind principles like Yoga and Meditation, as well as, a combination of the right foods and exercise.

Regardless of whether you exercise to shed some weights, or are quite recently attempting to be as fit and healthy as you can be, there are rules to take after that will help you get to where you need to be. And keeping in mind that a good eating regimen has a noteworthy impact in a healthy way of life. Practicing consistently is a key.

Health and fitness

Your journey starts by asking yourself: What is your workout objective?

Want to lose weight: Creating a calorie shortage that outcomes in weight reduction is diligent work. Most suggestions say that to shed pounds, you should exercise for 60 minutes a day, five (5) times each week. The most ideal approach for weight reduction is the kind that gets your pulse up (High Intense Cardio eg: Insanity, HIIT, Cross Fit and Body Pump), so light-force work out — like walking or doing some family unit tasks — won't help you much in weight loss.

NOTE: The food consumed has a vital effect on the body, as well as, the mind. To lose some weight you should consume Healthy food which give you a healthy diet and should consists of the right food groups with right number of calories. Avoid refined sugar, salt, fat and alcohol. Go for food rich in fibers. Selecting the correct nourishments that give vitality helps the body to be sound.

Stay Healthy and Fit: A workout of 30min to 60min is great for your body.

Burning through all the minutes to continuously sweat takes commitment, and sometimes it can be difficult to work in an hour or 30minutes every day to be fit and healthy. So it's OK to split it up.

As long as the exercise is from low to high intensity (meaning your heart beat is raised and breathing becomes harder, as in a brisk walk or a run), you can accomplish similar advantages by separating exercises into 10 -minute's session. So don't think you need to shut out an entire hour before you go to work. Do some moves or activities that will speed up your heart rate, for instance walking energetically and taking the stairs in your day to compensate your ordinary maybe 30min treadmill session or other session.

Maturing is the characteristic procedure of becoming more established. However there are many factors that play a role in whether we age effortlessly or we age faster than our biological age. That is well important to note. It is worth considering eating healthy and staying active moving to age gracefully.

Seek help to understand more and take more steps into action. 'An Idle Mind Is Temple Of a Devil'



GOSSIP

Guilty Pleasure



Ladies confess if you are guilty of this.

There is one habit most of us have. You just love a certain pair of thing be a bra, shoes, earrings or handbag. You will keep styling/ wearing this piece like you have no other options.

Share what is yours?

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We teach quick effective eating procedures to make members lose weight fast without fasting pills, running and jogging. Results are seen just in seven days. Members lose up to 10 kg in a week and up to 24 kg in one month. We also teach healthy eating procedures that prevent weight gain, cancer, diabetes, stroke and all diseases. Promotes health eating and prevent diseases. Food is medicine. Stanley Stay Slim Health Club.

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Sokoine Drive box 22524
Dar es Salaam
Tanzania
+255766837030/+255689095516

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*The good news about computers is that
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The bad news is that they do what you
tell them to do.*

Karlband Wido / Welcome All

