



Danijela Crevar

IFBB Pro Athlete, Mediterranean Champion, International Fitness Model, Personal Trainer, Author of the book: "Where Your Mind Goes, The Body Will Follow", Former Host of the TV Show: "Fitness for Everybody", Fitness Motivational Speaker.

What makes me who I am?

- I am blessed with a wonderful, healthy family.
- I passionately love what I do.
- I exercise 5 times per week.
- I eat 5-6 times per day healthy balanced meals.
- I wake up early and never go to sleep late.
- I enjoy so much traveling the world.
- I love to read inspirational books.
- I love nature and animals.
- I have positive attitude most of the time.
- I am a goal setter and a goal accomplisher.
- I am responsible and disciplined.

Vital stats:

Height: 5'8" | Weight: 140lbs

Hair color: Brown | Eyes color: Blue



BODYBUILDING

& Healthy Self Esteem

The meaning of word self esteem - Pride in oneself; self-respect. There is a wide range of ways in which you can build yourself esteem. For some people self esteem will come naturally. For others, it will take some time and work.

Building self esteem through bodybuilding is very healthy and effective. Let me tell you how bodybuilding can assist in building your self esteem:

- Bodybuilding promotes general good health – being overall healthy, makes you feel good and works on your health self esteem.
- Bodybuilding improves your health conditions – imagine what it means for your self esteem – only positive.
- Bodybuilding decrease risks of different disease, like heart disease, diabetes, cholesterol in blood, etc. – Not having to worry about this disease means you can have more pride in yourself.
- Bodybuilding improves your concentration and thinking – great way to make you think and focus on positive.
- Bodybuilding increases your strength, endurance and flexibility – what a great sport for your body; with increasing physical strength and endurance your self esteem increases, too.
- Bodybuilding extends your youthfulness and slow down the process of aging – feeling young and looking younger, then other people with same age will make you proud and bring respect .
- Bodybuilding increase your fitness appearance which leads to a strong feeling of self image.
- Bodybuilding creates a flow of positive energy – positive energy manifest positive and healthy self esteem.
- Bodybuilding change the way you look and feel for better – everything that makes us feel better about ourselves improves our self esteem.
- Bodybuilding improve your self esteem, by helping you to like, accept and respect yourself overall as a person.
- Bodybuilding makes you feel more powerful and automatically bust your self esteem.
- Bodybuilding and body shaping makes your body well shaped, fit and attractive and in the same time brings positive sense of self attractiveness.
- Bodybuilding will help you relax and release stress – being relaxed is great for your overall health, mind and body.



Most people feel bad about their job or relationship or their look from time to time. Feeling bad cause low self esteem which keeps you from enjoying life.

Recognizing these feelings is the first thing you need in a process of changing from low self esteem to healthy self esteem. You have right to feel good about yourself.

However it can be difficult to feel good about yourself, when you are under a lot of pressure at work, or you are having relationship troubles or you are 30-50 lbs overweight. All of this life circumstances makes you feel bad, lower your self esteem, get you depressed and maybe ill.

If you notice this bad feelings, start doing things that will help you feel better right away like eating well and getting a plenty of bodybuilding exercise.

Listen to your body and your mind. The way how you feel inside could be reflected on the outside and the way you look like outside can change you're inside state. Here is example for this: the first example - if you have not had enough rest you will look tired, sleepy, without any will for anything. If you have not had a breakfast, you can look and feel nervous, weak and pale in your face. The second

example - if you are overweight, you can have healthy problems (high blood pressure increase risks of heart disease, etc...). Also you breathe harder, you get tired faster, and you have less self confidence. Those are just some of the examples, so from this you can learn that you should maintain the balance between inner and outside beauty. To do that, here are some simple advices from my own experience:

- Have 5-6 balanced, smaller

meals every day.

- Give your body enough fluids, 2-3 liters every day
- Give your body adequate rest, 8-9 hours of sleep every day.
- Exercise regularly 3-5 days per week

Try to be moderate and balanced in everything, nothing too much or too little. Your inner beauty is your mental balance, your peace and calmness. Inner beauty is something that shows through you, your consciousness and your inner state. Inner beauty comes from your mind and heart when they are balanced and coordinated. Inner peace is the center of your outside beauty. Bodybuilding will help you make the balance between your inner health, state of mind and physical appearance. Balancing the way you feel and look will get you healthy self esteem.

Having a healthy self esteem instead a low self esteem could be a matter of choice. We all have the power and freedom to choose.

Use the freedom of choice when it comes to the food you eat and the type of activities you engage in.

Always make choices which will bring you closer towards healthy self esteem.

Every choice you make in your eating habits and daily activities will lead you a step closer or further from your goal.

How to make the right choices to increase you self esteem:

- Choose water instead of caloric drinks or alcohol. Water is the best fluid you can give to your body whether you are dieting or working on weight gain.
- Choose fruits instead sweets. It is healthier choice and better for your body shape.
- Choose to exercise. Bodybuilding will give you great activity. Any activity is better than not being active at all.
 - If you smoke, choose to stop smoking. Imagine what you will do for your health, if you stop smoking.
 - Choose to give your body enough rest and sleep. There are many factors that will run down the body and make you feel tired. Rest is necessary for renewed energy. Give your body, what it deserves. It will serve you much better.
 - Choose to love yourself. If you do not love or respect yourself, no one else will.
 - Choose to be healthy in your mind and body. Mind and body connection play a big part in determining someone's

health status.

- Choose to be positive. Expect positive in all you do.

Those are just some of the examples. You can definitely add more right and healthy choices to this list. If you make the right choices, your life will become more comfortable and fulfilled. To make sure that you did make the right choices, ask yourself one more time after you choose something: "Did I make the right choices?"

Ask yourself - What do I do to feel and look good? What do I do to raise my self esteem?

Example: Sometimes people would say this - Because of different circumstances I can't do much to feel and look good? Job, house, family, stress and so on...

Can you see yourself in this example?

If you do see yourself as a victim of circumstances and if you do not take care of yourself, nobody else will.

Make yourself number one. Make yourself feeling good by doing what you love to do and what makes you feel good. If it's massage, pedicure and manicure, go and do it.

If it's exercising, swimming, walking in the park, meditating in some quiet and peaceful place, just do it.

Do well for yourself and then wait and look what happens.

Do I eat right and exercise or do I just think and talk about it?

Are you person who talk the talk and walk the walk? Or you just talk and plan, but keep procrastinating.

Remember exercise is doing not talking. It is alright to plan ahead, but do not weight New Year to start exercise. Start right away. As soon you start, sooner you will be able to see great results.

Do you have a million excuses for not taking action now?

Two of the most used excuses for procrastinating exercise workout are: "I do not have a time for workout" and "I feel tired to exercise".

You make a time for what you want. Do you want healthy and fit body? Do you want healthy self esteem?

I am sure, the answer is yes. Well, make a plan to exercise at least three times per week for one hour. Every week has 168 hours. Do not tell me that you can't make three hours of 168 hours for low self esteem

This list can go on. Do you like the list of positive outcomes or the list of negative outcomes? We came again to choice. So, choose the best for your body, mind and health.

Remember, it is only you who can change the way you look or feel. And nobody is more important then you for your self esteem. Respect yourself, love your whole body, take good care of yourself and enjoy life. 

