

FPT UNIVERSITY
FPT POLYTECHNIC COLLEGE



Topic 5:

Beauty and Cosmetic Surgery.



my life
my health

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COMMENTS

Lecturer 1:

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Lecturer 2:

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Outline:

- Introduction.
- Do exercise and eating habit.
- My daily routine: do exercise, personal-care, etc
- My exercise plans: yoga, gym, etc.
- Use personal-care product: toothbrush, cleanser, cosmare skin care, etc.
- Look at yourself.
- Good and bad of cosmare.
- Conclusion.

INTRODUCTION



There are many ways to make impression with another people. But, I think a good-looking appearance may be the first feature that easily make you more striking. Everyone would like themselves to be more beautiful and find ways to make their appearance more attractive. Not except, I always want to own an attractive appearance, so I have a strategy to take care of it.

BODY

First of all, I take care of my appearance by a reasonable eating habit and doing exercise. As you know, no one can have an attractive look if they only follow their own eating habit or doing exercise. We must combine both of them regularly and choose a regulation that suits with our constitution..



Be a person that easily weigh gain, so I choose vegetables and foods that do not contain much oil or fat, minimize rice or starch in each meals. Therefore, my meals are usually simple with less greasy foods such as boiled vegetables, mixed vegetables, fruits and little rice. Besides, drinking fruit juice or plain milk is also a smart selection that can improve both my health and body. Two glass of juice and a glass of plain milk a day are my custom. Especially, fruit juice is always made by myself to ensure keeping as much as possible fruits' nutrient.



Along with this eating regular, I do gymnastics or play sports after I come back home from my school in the evening. It is not only help me own an attractive appearance, but make me healthier and happier. Joining a football club is the best decision in my life. It not only helps me own an attractive appearance, but also make me healthier and happier. Spending about two hours a day is not too much waste of time. In the other side, it is

very useful because you can relax and gain what you want instead of only staying home and feel life so boring.



The last habit, also the most important, is drinking much water everyday. However, I must follow experts' advice, drink enough water. It is about 2 liter a day, about eight glasses per day. Drinking much water helps me focused and energetic. Especially, it is one of the best method of improving my skin. In general, taking care of appearance requires a clear action plan which is combined many things properly and patiently.



Beside that, using personal-care products are also one of the best method to take care of my appearance. Personal-care products such as lotion, face-cleaners, body-cleansers, etc are necessary things if you want to improve your appearance. However, we need to know how to use them reasonably. I have my own strategy using personal-care. I choose products that suit with my skin and especially I do not abuse them. I use face-cleansers twice times a day and lotion is used before I go to bed every evening. I think my strategy will get a good result if I am patient to do it. Moreover, I see my skin, especially my look get better after six months following this method. Therefore, I believe and will continue to use these personal-care products that I choose.



Another aspect that I need to have a good-looking appearance is fashion style. Someone said “If you are trying to change how you look with the hopes of attracting someone, be careful that you stay to yourself and only did what feels right for you”. I am a student, so I am unable to own luxury clothes. That is reason why I choose a style that is more simple, but stand out my character. I wear middle-price clothes because I don’t think that wearing brand name clothes is the only way to make me shine. I think it is more important that I choose clothes suiting with my body, my style and my character. That is short jeans or long jeans goes with T-shirts or long sleeved. I think I can confident with them and that is enough for me to be striking.



CONCLUSION:

Your look is very important, because this is one of the first aspect that everyone appraise you. Therefore, let take care of your appearance to make impression easily. But, remember that you should identify what you like and do not like about your appearance before having a change. I considered and have had my own way to get my look better since I realize that I need to change people's thinking about me. At the end. I can do it!!!



The end.

Thanks for reading !!!