**Be Healthy, Attractive and Confident**

Being able to instantly impress anyone is an incredible gift and it can help to create limitless opportunities for you. If you’re someone who makes the right impression on people, you’ll find it’s far easier to walk into jobs, to meet potential partners and even to be given opportunities by those with the means to provide them.

There are many ways to become more attractive in this way but one of the most important is to become *physically* more attractive and healthy. Healthy people unconsciously appear to have their act together more than people who look like they’re coming apart at the seams. And at the same time, they are instantly more magnetic because they send evolutionary signals that they are capable of providing good DNA and good protection.

Sure, you can be impressive if you look pasty, overweight and stressed. But the same mannerisms on someone with lean muscle, white teeth and a truly happy smile will go a lot further.

So how do you get to that point?

**Sleep**

One of the most important things you can do for your health that will make you look and sound more confident and attractive, is to sleep more. It’s called beauty sleep for a reason and when you aren’t getting enough, you’ll become dehydrated and washed out, your skin will be slower to heal from wounds and will likely flake. Your hair might fall out. Water retention under your eyes will cause them to look puffy and therefore baggy. Thin areas of skin meanwhile will show veins and you’ll be more stressed.

So, if you want to make a good impression, *always* try to get your eight hours and do whatever you need to in order to make that happen.

**Stress**

Another thing that can make you look much more worn and far less attractive is stress. If you are overly stressed then this can also drain the color from your face, it can cause your expression to change and of course it can affect your sleep and even your diet.

One reason that your average celebrity looks so great and is so engaging is that they don’t have a lot of the stresses we have and they have the money to make them go away. If you’re working too long or you hate your job, then know that it’s damaging your health, your looks and the impressions you make on others.

**Muscle Tone**

Developing more muscle tone is one of the very best things you can do to develop a more impressive and attractive look. This makes you look stronger and more capable and at the same time helps to make your body look firmer. Your body appears capable of backing up the things you’re saying and it will even fill your clothes more effectively.

**The Rest**

On top of this you also want healthy, white teeth and whites of your eyes. You should try to get a healthy tan and you should eat a diet rich in nutrients to avoid flaking skin and hair. Exfoliate and look after yourself and if you get it all right, you’ll be glowing by the end!