

THE

Issue 19 | Vol.4

KARIBA

MAGAZINE

BECAUSE I'M
A HUMAN
BEING

A
BUSINESSMAN
SHOULD STAY
HEALTHY

*A Woman is
a Home*

Together
as a
community

Its not the end of Life
(HIV/AIDS)

I AM
BECAUSE
YOU ARE

» EXCLUSIVE ADVERTISEMENTS & NEWS

MEET THE DENTAL THERAPIST K.

MAGOSHA

WAYS TO
LOSE FAT

THE KARIBA MAGAZINE 4TH EDITION



OUR

VISION AND MISSION

OUR VISION IS TO :

Be the leading provider of innovation and inspiration for both small and big continually developed organizations designed to meet explicit client needs.

We will bring to completion this vision by having a:

Determined goal:

- All team member understands their contributions towards the growth of our path.

A motivated team:

- A mindset that inspires people to grasp what they thought impossible.

AND THE MISSION IS TO :

Revive, enhance and innovate both small and continually developed organizations by creating a conducive marketing platform.

OUR CORE VALUES S

Our goal is to:

Illuminate every aspect of the organization and offer a foundation for decision making and positive behavior.

- TEAM WORK AND EXCELLENCE
- PUNCTUALITY, GROWTH
QUALITY AND LEGIT
- BALANCE AND RESPECT
ATTENTION TO DETAIL
- EVERYONE HAS A VOICE



FROM THE EDITOR

Every month The Kariba Magazine brings you a lot of entertainment, news, advertisements and many more.

This KB Magazine focuses on fashion, beauty, news, ads, lifestyle and offers information about the Latest entertainment and features stories on current issues and events.



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BECAUSE I'M HUMAN

ABUSING THE HEALER
DRUG ABUSE



Drug abuse or substance abuse refers to the use of certain chemicals for the purpose of creating pleasurable effects on the brain. There are over 190 million drug users around the world and the problem has been increasing at alarming rates, especially among young adults under the age of 30. Apart from the long term damage to the body drug abuse causes, drug addicts who use needles are also at risk of contracting HIV and hepatitis B and C infections. Drugs of abuse are usually psychoactive drugs that are used by people for various different reasons which may include: Curiosity and peer pressure, especially among school children and young adults. The use of prescription drugs that were originally intended to target pain relief may have turned into recreational use and become addictive. Drugs of abuse fall into three groups and these include:

1. **Depressants:** These cause depression of the brain's faculties and examples include sleeping pills (barbiturates) and heroin.
2. **Stimulants:** These cause stimulation of the brain, giving rise to alertness and increased bursts of activity. A rapid heart rate, dilated pupils, raised blood pressure, nausea or vomiting and behavioral changes such as agitation, and impaired judgment may also result. In severe cases, there may be delusional psychosis which can occur with the use of cocaine and amphetamines.
3. **Hallucinogens:** These cause hallucinations and an "out of this world" feeling of dissociation from oneself. Hallucinogens may cause distorted sensory perception, delusion, paranoia and even depression. Examples include ecstasy, mescaline and LSD. Segal, Ph.D. People from all walks of life can experience problems

their drug use, regardless of age, race, background, or the reason they started using drugs in the first place. Some people experiment with recreational drugs out of curiosity, to have a good time, because friends are doing it, or to ease problems such as stress, anxiety, or depression. However, it's not just illegal drugs, such as cocaine or heroin, that can lead to abuse and addiction.

Prescription medications such as painkillers, sleeping pills, and tranquilizers can cause similar problems. In fact, next to marijuana, prescription painkillers are the most abused drugs in Zimbabwe and more people die from overdosing powerful opioid painkillers each day than from traffic accidents and gun deaths combined. Addiction to opioid painkillers can be so powerful it has become the major risk factor for heroin abuse.

Of course, drug use—either illegal or prescription—doesn't automatically lead to abuse. Some people are able to use recreational or prescription drugs without experiencing negative effects, while others find that substance use takes a serious toll on their health and well-being. Similarly, there is no specific point at which drug use moves from casual to problematic.

Drug abuse and addiction is less about the type or amount of the substance consumed or the frequency of your drug use, and more about the consequences of that drug use. If your drug use is causing problems in your life—at work, school, home, or in your relationships—you likely have a drug abuse or addiction problem. If you're worried about your own or a loved one's drug use, learning how drug abuse and addiction develops—and why it can have such a powerful hold—will give you a better understanding of how to best deal with the problem and regain control of your life. Recognizing that you have a problem is the first step on the road to recovery, one that takes tremendous courage and strength.



Short-term medical use of opioid painkillers can help to manage severe pain after an accident or surgery, for example. However, regular or longer-term use of opioids can lead to addiction. Misuse of these drugs or taking someone else's medication can have dangerous even deadly consequences. Addiction is a disease; there's nothing that can be done about it. Most experts agree that addiction is a disease that affects the brain, but that doesn't mean anyone is helpless. The brain changes associated with addiction can be treated and reversed through therapy,

medication, exercise, and other treatments.

Addicts have to hit rock bottom before they can get better. Recovery can begin at any point in the addiction process—and the earlier, the better. The longer drug abuse continues, the stronger the addiction becomes and the harder it is to treat. Don't wait to intervene until the addict has lost everything. You can't force someone into treatment; they have to want help. Treatment doesn't have to be voluntary to be successful. People who are pressured into treatment by their family, employer, or the legal system

Facing your problem without minimizing the issue or making excuses can feel frightening and overwhelming, but recovery is within reach. While anyone can develop problems from using drugs, vulnerability to substance addiction differs from person to person. While your genes, mental health, family and social environment all play a role, risk factors that increase your vulnerability include: Family history of addiction Abuse, neglect, or other traumatic experiences, mental disorders such as depression and anxiety. Overcoming addiction is simply a matter of willpower. You can stop using drugs if you really want. Prolonged exposure to drugs alters the brain in ways that result in powerful cravings and a compulsion to use. These brain changes make it extremely difficult to quit by sheer force of will Using drugs like opioid painkillers are safe since they're so commonly prescribed by doctors.

are just as likely to benefit as those who choose to enter treatment on their own. As they sober up and their thinking clears, many formerly resistant addicts decide they want to change. Treatment didn't work before, so there's no point trying again. Recovery from drug addiction is a long process that often involves setbacks.



Relapse doesn't mean that treatment has failed or that sobriety is a lost cause. Rather, it's a signal to get back on track, either by going back to treatment or adjusting the treatment approach.

There's a fine line between regular drug use and drug abuse and addiction. Very few drug abusers or addicts are able to recognize when they've crossed that line. While frequency or the amount of drugs consumed do not necessarily constitute drug abuse or addiction, they can often be indicators of drug-related problems. If the drug fulfills a valuable need, you may find yourself increasingly relying on it. You may take illegal drugs to calm or energize yourself or make you more confident. You may start abusing prescription drugs to relieve pain, cope with panic attacks, or improve concentration at school or work. If you are using drugs to fill a void

in your you're more at risk of crossing the line from casual drug use to drug abuse and addiction. To maintain a healthy balance in your life, you need to have positive experiences and feel good about your life without any drug use. Drug



abuse may start as a way to socially connect. People often try drugs for the first time in social situations with friends and acquaintances. A strong desire to fit in to the group can make it feel like doing the drugs with them is the

only option. Problems can sometimes sneak up on you, as your drug use gradually increases over time. Smoking a joint with friends over the weekend, or taking ecstasy at a rave, or painkillers when your back aches, for example, can change from using drugs a couple of days a week to using them every day. Gradually, getting and using the drug becomes more and more important to you. As drug abuse takes hold, you may miss or frequently be late for work or school, your job performance may progressively deteriorate, and you may start to neglect social or family responsibilities. Your ability to stop using is eventually compromised. What began as a voluntary choice has turned into a physical and psychological need. Eventually drug abuse can consume your life, stopping social and intellectual development. This only reinforces feelings of isolation. Although different drugs have different physical effects, the symptoms of addiction are similar. If you recognize yourself in the following signs and symptoms, talk to someone about your drug use. Neglecting responsibilities at school, work, or home (e.g. flunking classes, skipping work, neglecting your children. *Compiled by Jimmy Champion*



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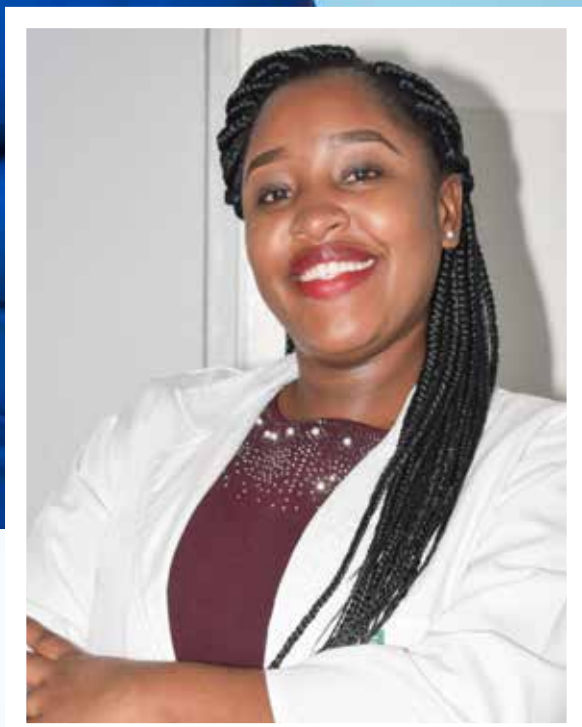
 Online Banking

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4. Enter your card pin in the box under the text "Card Pin", click next.
5. Accept terms and conditions then click next.
6. Put email address then click finish.
7. Check your email for the ZB Bank internet banking login details.
8. Once you get the details, go to <https://zbnnet.zb.co.zw/online/login.html> and enter your login details.
9. If you've reached here, you've successfully registered for ZB Bank Internet banking otherwise.



DENTAL THRAPIST: WHO WE ARE AND WHAT WE DO



Mrs K. Magosha The Dental Therapist

Many people have separated mouth health from general wellness of the body and it is easy for one to seek medical orientation for other body parts except the mouth. Oral health is very important because in our mouth, there are teeth which helps us to speak, to chew our food, help us in digestion, shape our faces and beautify us when we smile. Without our teeth we will not be able to eat, and thus our general wellness is affected. . The dental therapist is there to cause awareness of the importance of the oral health through Dental Education and generally possesses clinical and health promotion responsibilities within the dental health care teams. Their duty is to teach people about the diseases that affect our teeth and how to prevent such. They do not extract teeth but offer preventive treatment such as restoration of the teeth and cleansing which promotes good oral health.

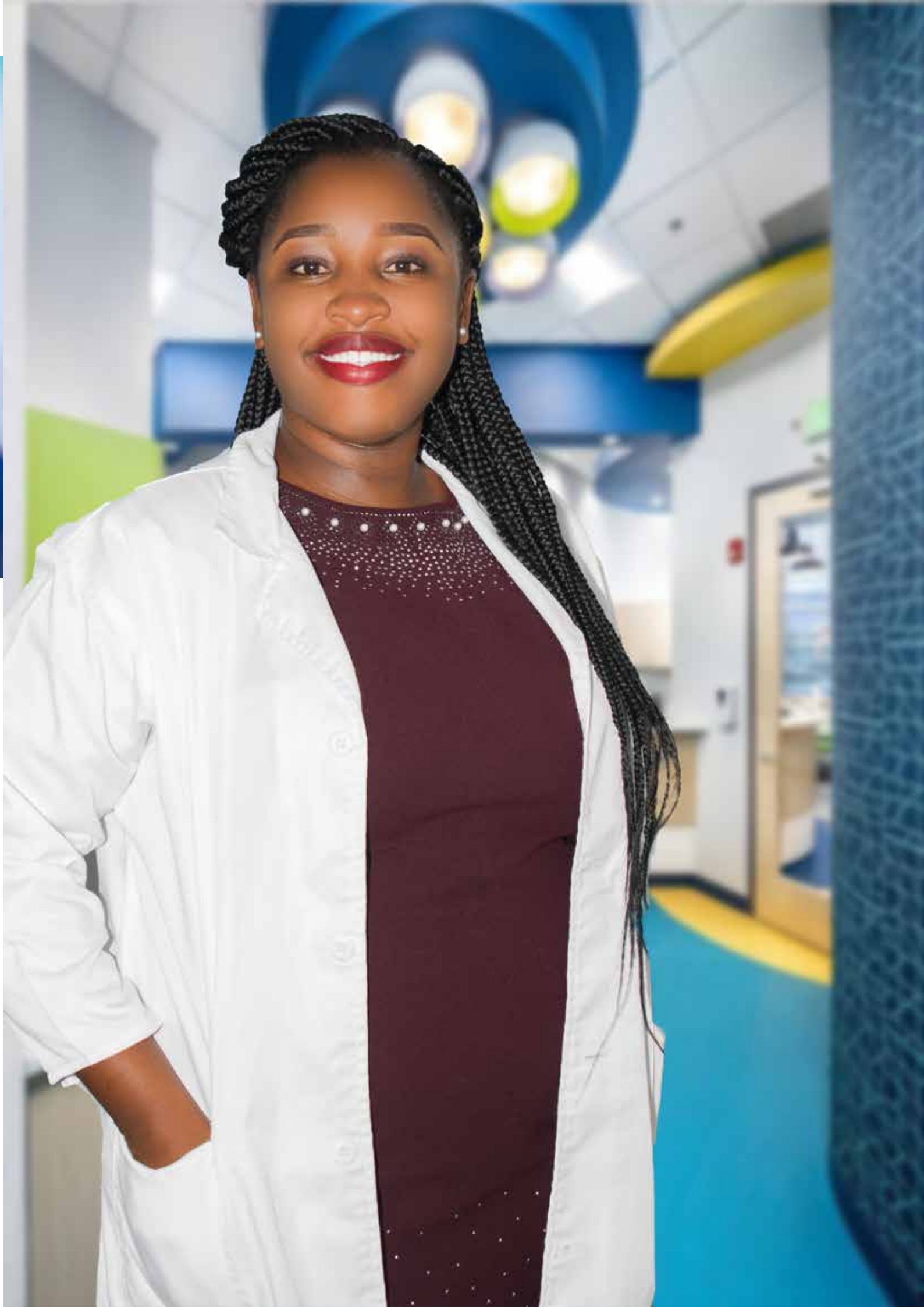


MEET THE DENTAL THERAPIST

MAGOSHA

As a dental therapist you will give advice on oral health to patients and will provide periodontal and carry restorative work.

Every year the month of MARCH is a month of raising oral health awareness and this year the themes, **“BE PROUD OF YOUR MOUTH”** In detail, Dental therapists will communicate effectively you as a patient to obtain and evaluate your dental history and diagnose the condition through communications. As part of routine hygiene roles, we remove plaque and coatings, advise people with special needs about their dental treatment and motivate and educate individuals or groups of people to care for their oral hygiene and eat a healthy diet.







IS NOT THE END!

By Peace Kuyeri

It's quite horrific to a large number of people even the stone hearted to have a virus swimming in your blood. The imagination itself portrays death in one's mind. Some tend to commit suicide because they have Human Immuno Virus (HIV) but if we really come to our senses, is it something worth cutting our lives for?

Some people especially the young blood of this generation indulge in drugs and other intoxicating substances and thus even further enhance the virus. On the other hand, many people are imprisoned in their minds because of the fact that they have the virus and High Blood Pressure and Diabetes adds on to an already existing virus.

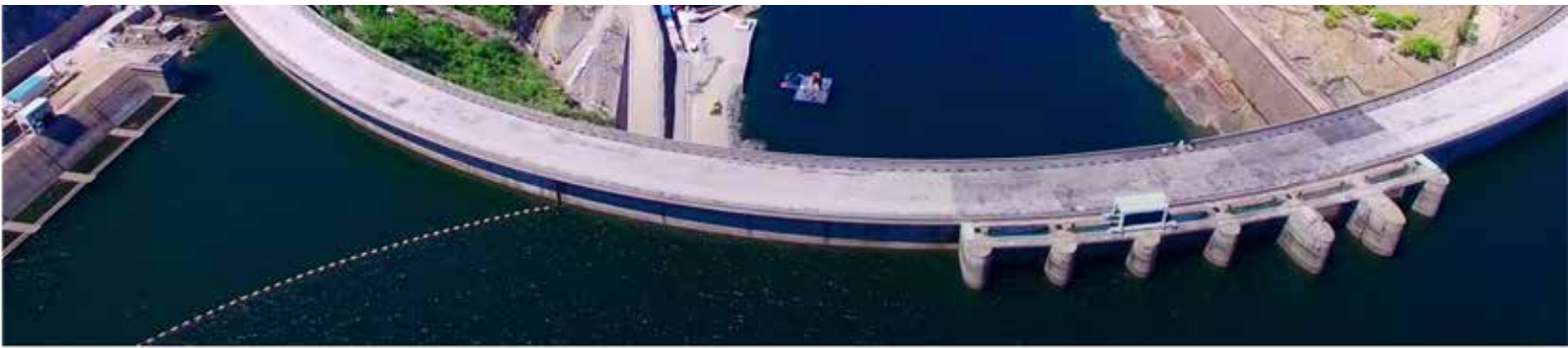
The world is actually giving HIV superpowers, instead of envisaging the virus as Superman without kryptonite or Wonder woman without her bracelets we always see the worst side of HIV and AIDS of which they are currently of lower levels due to medical advancements. It is a common predicament that if one contacts the virus death is an option but honestly, it's never a fraction of the solution.

A wide range of action need to be taken into consideration in order to live in peace and harmony with HIV and AIDS. Taking the Anti Retro Viral (ARV) pills is just an easy and efficient solution that is working for people in every corner of the world. We only have one life and if we do it

right the once is enough but cutting lives as teenagers, men and women because of a virus tends more to be adopting an invaluable cult. Death is the worst disease we will ever suffer other than the simple HIV and AIDS we fear more than anything on earth. Statistics have recently revealed that a large number of HIV and AIDS patients have a high life expectancy and it is only a testimonial reveal of taking ARVs. ARVs can even lower virus levels but one is always advised to always take the pills and to strictly follow the prescription to avoid putting lives on stake. The pills are readily available in clinics, hospitals and other health facilities for easy access and obviously privacy is of utmost importance thus

avoiding complications pertaining maintaining a private status to the public lowering mental health issues. Caution should also be taken to consume healthy food in order to help boost antibodies which defend the body from other further infections facilitated by HIV and AIDS.

HIV and AIDS can easily be defeated. We just have to follow the recommendations on living with it so that we can easily reduce its impact. We are at a constant war with the virus but we will always win if we abide by the designed war plan and strategy.



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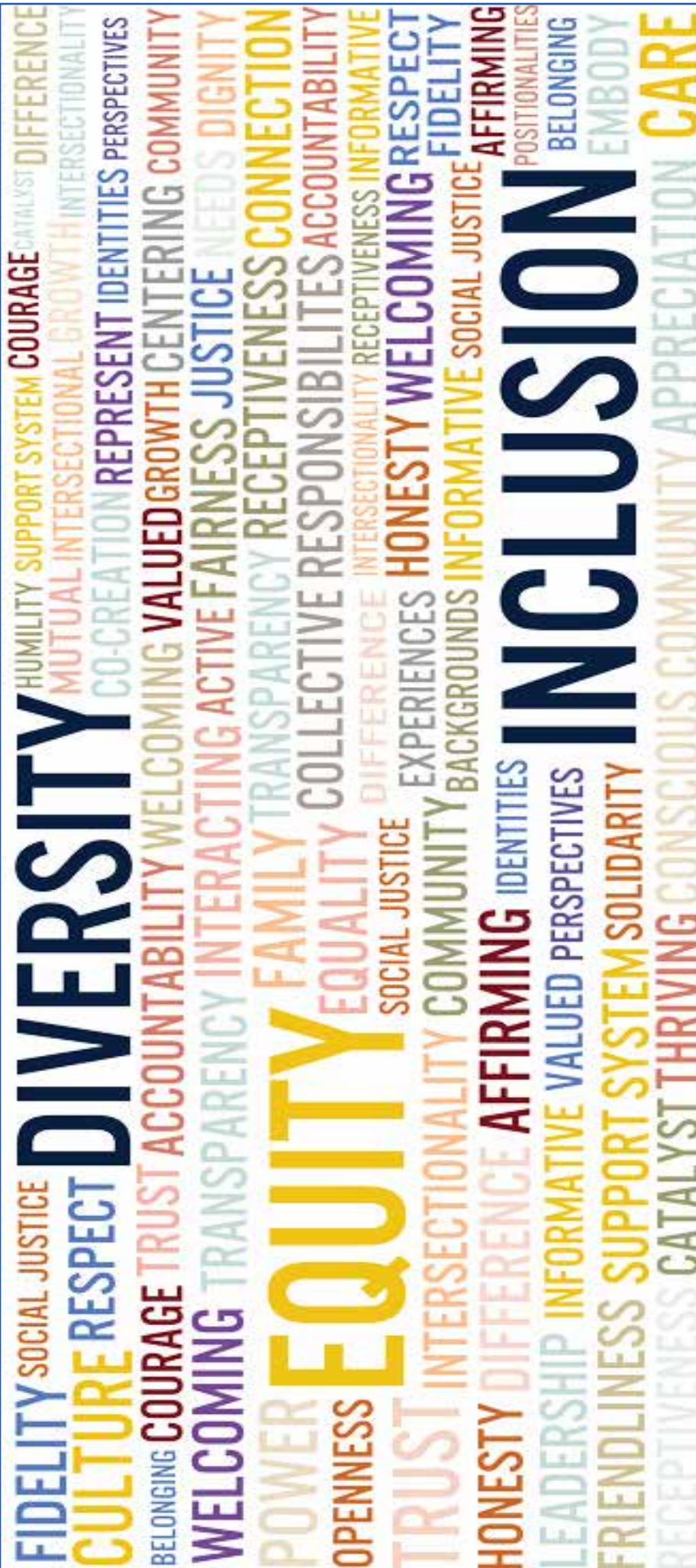


Together as a Community

Everywhere around the earth, power is commonly associated with military supremacy such as owning nuclear weapons, artillery and other war accessories. This is a widely accepted phenomenon which divert us from the true source of power which many societies keep a secret. The world's most elite power is undoubtedly in numbers as it eradicates all the imperfections everyone has. Imagine the Great Wall of China, the Statue of Liberty and our own Great Zimbabwe they are all just living testimonies of teamwork, unity and collaboration.

The lion's share of all community problems has been cemented by lack of togetherness and selfishness in some individuals and this has created an inhabitable atmosphere to many. Our communities are now being shattered each day like glasses, suicides are fast becoming a daily ritual and many

people especially the young blood indulge in intoxicating substances such as marijuana, cocaine and crystal meth among many. There is no bond which can be define in our communities and this leaves many vulnerable. Our old morals have been eroded and we no longer have that societal chemistry. We do not have a heart for each other, imagine some can luxuriously feed their dogs whilst other stomachs grumble to their carriers. Many offer jobs and other opportunities to outsiders whilst the community is fully packed with people who spend all their time sprawling on the grass of their backyards like crocodiles busking in the midday sun. Is it the community we need where everyone is in their own island whereas they are thousands of people around us?



Our ancestors showcased beautifully how a community can be when unity is incorporated. They were productive and highly promoted each other through many social activities and gatherings such as nhimbe, birth and death ceremonies. Though several revolutions and culture dilution erased all those community principles it is now upon us to stand for our communities. It is crystal clear that as a society we will always need each other. Let's not only see the importance of each other when death falls upon us, as long as we live let's stand united as a community and harness the natural power hidden in numbers.

A beautiful community always results from unity and collaboration. No man in history has ever done it alone, we all need each other because together we can. Let us build a community we all dream and crave for, a community where unity and humanity are a first priority.

Written by Peace Kuyeri



UBUNTU

(n) the belief that we are defined by our compassion and kindness toward others.

I'm Because You're

Ubuntu is an African philosophy which has a number of rough translations such as humanity to others, I am what I am because of who we all are, and I am because you are. The concept of Ubuntu has been around

for centuries however it was Nelson Mandela that reignited this concept in modern times and conveyed it to the Western World. The AFN have decided to use the message “I am because you are” as part of the motto for the 2020 conference because it shows a togetherness that is brought about through facilitation and a strong connection to the world and community around us. Below is some more information about Ubuntu and the impact that it can have.

What does Ubuntu really mean? Ubuntu means I am, because you are. In fact, the word ubuntu is just part of the Zulu phrase “Umuntu

ngumuntu ngabantu”, which literally means that a person is a person through other people. Ubuntu has its roots in humanist African philosophy, where the idea of community is one of the building blocks of society. Ubuntu is that nebulous concept of common humanity, oneness: humanity, you and me both.”

Nelson Mandela states “In the old days when we were young, a traveler through a country would stop at a village, and he didn’t have to ask for food or for water: once he stops, the people give him food, entertain him. That is one aspect of Ubuntu, but it will have various aspects. Ubuntu does

The question therefore is are you going to do so in order to enable the community around you and enable it to improve? These are the important things in life. And if one can do that, you have done something important which will be appreciated.”

On the 10th of December 2013 Barack Obama delivered a powerful speech commemorating Nelson Mandela, at his tribute in Soweto. Obama referred to Mandela’s strong connection with Ubuntu in the following statement “Mandela understood the ties that bind the human spirit. There is a word in South Africa – Ubuntu – that describes his greatest gift: his recognition that we are all bound together in ways that can be invisible to the eye; that there is a oneness to humanity; that we achieve ourselves by sharing ourselves with others, and caring for those around us.” Rene Descartes is often called the first modern philosopher, and his famous saying, “I think, therefore I am,” laid the groundwork for how we conceptualize our sense of self. But what if there’s an entirely different way to think about personal identity — a non-Western philosophy that rejects this emphasis on individuality? Consider the African philosophy of “ubuntu” — a concept in which your sense of self is shaped by your relationships with other people. It’s a way of living that begins with the premise that “I am” only because “we are.”

”The Kenyan literary scholar James Ogude believes ubuntu might serve as a counterweight to the rampant individualism that’s so pervasive in the contemporary world. “Ubuntu is rooted in what I call a relational form of personhood, basically meaning that you are because of the others,” said Ogude, speaking to Steve Paulson and Anne Strain champs in Addis Ababa, Ethiopia. “In other words, as a human being, you—your humanity, your personhood—you are fostered in relation to other people. “In practice, ubuntu means believing the common bonds within a group are more important than any individual arguments and divisions within it. “People will debate, people will disagree; it’s not like there are no tensions,” said Ogude. “It is about coming together and building a consensus around what affects the community. And once you have debated, then it is understood what is best for the community, and then you have to buy into that.” Archbishop Desmond Tutu drew on the concept of ubuntu when he led South Africa’s Truth and Reconciliation Commission, which helped South Africa reckon with its history of apartheid. Ubuntu promotes restorative justice and a community-centric ethos. “We have the ability, as people, to dig into our human values, to go for the best of them, in order to bring about healing and to bridge the

the gap,” Ogude said. This idea also extends to our relationships with the non-human world of rivers, plants and animals. Ogude spoke with Steve and Anne at the first African Humanities Workshop, which took place at the University of Addis Ababa.



The workshop was sponsored by the Consortium of Humanities Centers and Institutes (CHCI). Here's an excerpt from the transcript from the workshop. Steve Paulson: "We've been talking about ubuntu in this legal sense of how to redress wrongs, and I am wondering at the more everyday level, how ubuntu plays out". In the West, that concept seems to be rooted in the concept of selfhood: how I think about, or know, myself or the course of my life and achievements. It's not necessarily defined by my relationship with other people.

James Ogude: There's a sense in which Ubuntu as a concept, and the African communitarian ethos, imposes a sense of moral obligation regarding your responsibility for others even before you think of yourself. You must, as the Russian critic Bakhtin would say, look into another person's eyes and have that person return the gaze. When the gaze is returned, that recognition is what humanizes you.



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A WOMAN IS A HOME



Compiled by Peace Kuyeri

People from all walks of life envisage a home as simply a building with rooms but every real home has the soul of a woman in it. Every human life even our grandfathers' and grandmothers' can be traced back to the womb of a woman. The nine months each woman endured from all the heavy kicks and the labour pains all shows a sacrifice to make an appropriate and state of the art home.

We simply cannot give a blind eye to the sacrifices a woman undergoes to make a home an ideal and appreciable part of every human life. From dusk till dawn, she suffers for children's upkeep and their success is her only rest. As a common predicament, she may not be formally employed in a conventional

day job but she always makes it the best for her children. The best part of the love is that she appears like a sage enlightening and imparting precious knowledge and lessons to a novice who would also become a master and excel at a later stage in life. It will be building castles in the air to envisage a successful story excluding a woman. Furthermore, when we are at crossroads with life, with our backs against the wall cynicism paranoia and skepticism may make us feel like everyone is conspiring against us so much that even honest mistakes by people around us antagonize us badly, we always find a woman always there for us and anything that you need you will always get it from her.

There are always shoulders of great women to stand on for one to see further and further in life. One can seek the counsel of these women with pride and a burning desire to learn as it is definitely what bring about a change in one's life. There is an Eastern proverb which says, "when the student is ready the teacher appears so prepare and be ready for the teacher because when you are ready they will appear and they will appear in the form a woman", this is a crystal-clear testimony of the vitality of woman in our homes. Basically, a woman is the nucleus of any real home and men and children should really give them the credit they deserve for making a home to be actually a home. Let us strive to treat every woman like a queen because they make all our homes palaces. Together we can stop all the abuse and violence that is directed towards women destroying homes. It will never change a woman is a home thus let's all treat each woman like a golden egg.

A woman with long, light-colored braids is shown in profile, lifting a barbell with a large weight plate. She is wearing a dark blue t-shirt and is in a squatting position. The background is a blurred gym setting with other people and equipment.

STAY HEALTHY

BUSINESSME SHOULD STAY HEALTHY

Compiled by Jimmy Champion

The idea of being an entrepreneur is exciting in the beginning. No longer do you have to do the mundane daily tasks that you disliked at your previous job. As an entrepreneur, you're now able to do the work that you're passionate about. You can create the company culture and product that you've dreamed of but there are a couple of things that you may not have considered when venturing out on your own as an entrepreneur: your mental and physical health. It's easy to pour your all into getting your new business off the ground while forgetting about your mental and physical health in the meantime. Health matters for everyone.

Taking care of yourself not only gives you a longer life but also a higher quality one. Entrepreneurs, unfortunately, are among the worst at taking care of themselves. Long hours and little leisure time can lead to a range of physical and mental ailments. As a result, 72% of entrepreneurs have mental health issues. Entrepreneurs don't often discuss the issues they're experiencing. They're so concerned with business that they just don't have their time.

But taking some time away from the office to focus on your health can pay dividends. You are your most powerful asset. Think about your business's strongest asset. What may come to mind is company offices, your product, the designs you've patented, or even your customers. But all of those things can disappear overnight. They can be replaced if the worst happens. What no entrepreneur can replace is themselves. If you miss a whole week because you're stuck in bed, that's a whole week of productivity lost. This can have huge implications come the end of the year. For this reason, one of your main priorities should be to avoid illness and take care of yourself. Physical strength influences everything else. Physical fitness directly influences mental fitness. . Going to the gym isn't just for athletes in training. The best entrepreneurs understand that preparing your body physically will help you defend against illnesses and give you more stamina to last the long hours demanded by an entrepreneurial lifestyle. It isn't necessary to be able to lift 300kg, but you do need to have a basic level of fitness. This can

come as a result of bicep and triceps workouts, squatting with weights across your back, or even just going for a run. The point is to give your body the tools it needs to get rid of illness. Good health keeps you motivated. Burnout is a real problem for entrepreneurs. They live and breathe their industries. The lack of a 9-5 lifestyle means they never get to switch off. Within a few years, a lot of entrepreneurs battling burnout. Those who lose the battle may quit or see their businesses stagnate. Healthy entrepreneurs can stay motivated because they're not constantly thinking about other things. Exercise and eating the right foods can keep the creative juices flowing and prevent stress from building up. Motivation is important in the long-term because once that initial passion has subsided, many entrepreneurs have trouble attacking their problems with the same zeal. Depression is a real threat. Studies have shown that depression is the curse of the entrepreneurial world. This is the case for two reasons.

TIPS TO GROW YOUR GLUTES IN 3 MONTHS IN @ THE GYM

1. DIET

WHAT YOU EAT BEFORE & AFTER MATTERS. MAKE SURE TO HAVE A HIGH PROTEIN INTAKE TO GAIN MUSCLE.

2. EXERCISES YOU PERFORM MATTER

GLUTES ARE THE LARGEST MUSCLE GROUP IN THE BODY, MADE UP OF 3 PARTS, MAKE SURE YOU ARE GIVING EACH PART EQUAL ATTENTION FOR THE BEST RESULTS.

3. REST!

AIM TO GET 7-8 HRS OF GOOD SLEEP A DAY & ONLY TRAIN THIS MUSCLE GROUP 2-3 DAYS A WEEK



TOTALFITNESS

First of all, many entrepreneurs allow mental health problems to build up because they don't want to talk about them. Secondly, most entrepreneurs live off a diet of fast food and don't performing much exercise. Depression can be ignored for a while, but sooner or later it will catch up with you. Once it does, it can leave you feeling like you don't want to get out of bed in the morning. Depression is the black dog you're not going to shoo away easily. The best remedy for depression is exercise and healthy eating. Doctors have found that these are the two best ingredients for maintaining your mental health. Be honest: Are you working at your absolute peak? Just look at The Rock. Sure he's charismatic and a strong actor, but how does he fly across the world to record back-to-back films with barely a moment to rest? It's because he's in incredible shape. The Rock gets the most out of his acting chops because he obsesses over his health. That same idea applies to you as an entrepreneur. Treat your body well -- eat right, challenge your body, get proper sleep and you'll reward yourself with more energy, greater focus, and a heightened level of discipline. You'll achieve new levels of productivity while your competition falls behind and watches you scale faster and faster. Today I'm sharing with you ways a healthy lifestyle will transform you into a world-class entrepreneur -- and stack more dollars in your bank account.



Specifically, I want you to understand why sleep, exercise and nutrition are the keys to the success of today's most influential entrepreneurs, artists, experts, thought leaders, industry titans and anyone else who performs at a high level. . Get sleep, so you can be your business's clear-headed leader. "The snooze button is the single worst invention for sleep ever. "That's what sleep expert Michael Breus says, and it's damn true. His theory is that the extra "sleep" we get from hitting the snooze button is actually "light, fragmented sleep" that leaves us feeling groggy, not refreshed. That bad sleep destroys the rest of your day. As entrepreneurs, we're on our feet all day making decisions left and right. The buck stops and starts with us. You think someone can do that when they're foggy in the head and running on fumes? Sleep is critical if you want

to effectively lead your business. You need a clear head in order to negotiate big-money deals, effectively communicate with your team and inspire others through the social media content you produce. You owe it to yourself, your clients and your team to stay well-rested and alert. Hitting snooze does something to you psychologically as well. When you hit the snooze button, you subconsciously tell yourself that five more minutes of low-quality sleep is more important than accomplishing your life's mission. I don't know about you, but I can't rest knowing that there are still so many entrepreneurs out there with struggling businesses that need this help. You shouldn't settle either. Structure your evening so you get deep, uninterrupted sleep. Then, structure your morning so you can jump out of bed and tackle everything on your to-do list.

. Sleeping better is just one way you can get an edge on the rest of your competition. Next it's time to hit the gym and prepare your body and mind for the rigors of business. Work out to build up your emotional resilience. You think I like going to the gym, grunting through those grueling workouts and sweating like a madman? No, I don't like it -- I love it. Why? Let me come back to that in a second ...Your best comes out when your back is against the wall. All entrepreneurs hit tough times -- they might be in the red for months at a time, or they might have critical team members disappear

For example, when you go to the gym, you lift weights. As you tack on more weight, you gain muscle and grow stronger. If you want your muscles to grow, then they need to be challenged. The same thing applies to business. A former employee might steal some of your clients away from you, or your product launch might not make nearly enough sales to cover the cost. If you work out, you learn to count those setbacks as blessings, because you know that resistance eventually results in personal growth and professional achievement.



. All of a sudden you begin to respond with reason, rather than react on emotion. Learn to embrace the uncomfortable moments that come with being an entrepreneur -- the tough talks with slacking employees, the market changes that force you to pivot your business, etc. -- because when you do, you come out the other side a wiser and more decisive entrepreneur. But, what about eating healthy? Master this last health habit and become an unstoppable,

unbreakable entrepreneur, one who can practically print money at will. Eat right to develop a reliable health We all can agree that eating right has its benefits: You live longer, you have more energy and you think more clearly. An entrepreneur that eats right will embody all of these advantages, but they'll also gain something else: : They'll install a daily routine in their lives. Again, how you do anything is how you do everything. Let's say an entrepreneur eats unhealthy and never works out.

You'd probably chalk that up to a lack of discipline, right? If you took a closer look at his life, I'd bet you'd find that he also lacks discipline in the way he managed his daily tasks, or in how he invests the profit his business makes. Routine opens the door to seize complete control of your life. When you eat right, even when you don't want to, you begin to wrap your head around how one good habit can lead to huge positive changes in your life.



. Soon, you begin to develop good habits in other areas of your life -- such as in your business. Every night, Tim Ferriss follows a five-step routine that includes turning his phone on “airplane mode” and blocking out the noise around him. I love to wake up early, grab a protein shake and play with my dog, and then spend the early hours crushing the work that makes my business the most money. When you exercise that level of discipline, it spills into the rest of your day: You build momentum and win the confidence you need to move your business forward.. To put it simply: Sleep, exercise and nutrition are pivotal if you’re serious about building a profitable, sustainable, scalable business. A lot of entrepreneurs overwork themselves and never get sleep, or they complain that they’re “too busy” for the gym. In the end, it always catches up to them. Make your health a priority so you can make better decisions, keep a level head at all times, and scope out new ways to make money and expand your empire’s influence. . Make time for yourself As a business owner, you spend a lot of time giving yourself to others. You have to make sure your clients, employees,

and customers are happy, and that can be taxing work day after day. A helpful way to deal with the anxiety that’s sure to come from that is to make time for yourself. Carve out time every day to do something that makes you happy and takes your mind off work. For some, that’s exercising in the middle of the work day. For others, that’s meditation or writing or painting after work. Find something therapeutic that works for your individual needs. Take social media breaks If your new business requires you to be on social media a lot, it’s important to find time to disconnect from the phone. The news cycle is never-ending on social media. Also, it’s easy to stumble upon other entrepreneurs and their success, and end up comparing your accomplishments to theirs. Throughout the day, make sure you disconnect from the internet to calm your mind and ground yourself. Try reading, or talking on the phone to a loved one. It’s OK to disconnect in a world that always seems to be turned on. Take social media breaks If your new business requires you to be on social media a lot, it’s important to find time to disconnect from the phone. The news cycle is never-ending on social media. Also, it’s easy to stumble upon other entrepreneurs and their success, and end up comparing your accomplishments to theirs. Throughout the day, make sure you disconnect from the internet to calm your mind and ground yourself.

Whatcha doin'? All of the words and phrases listed below contain at least one W or D. Fit them all into the grid so that they intersect in standard crossword fashion. When done correctly, each word will be used exactly once. Think it's possible? We do!

5 LETTERS

AD HOC	D'ETAT	HOWIE	LLOYD	POWER	TRAWL
ADIEU	EL CID	H TWO O	OCTAD	RHODE	WE TRY
AT WAR	EWOKS	JUDGE	PLIED	SCOLD	WILCO

6 LETTERS

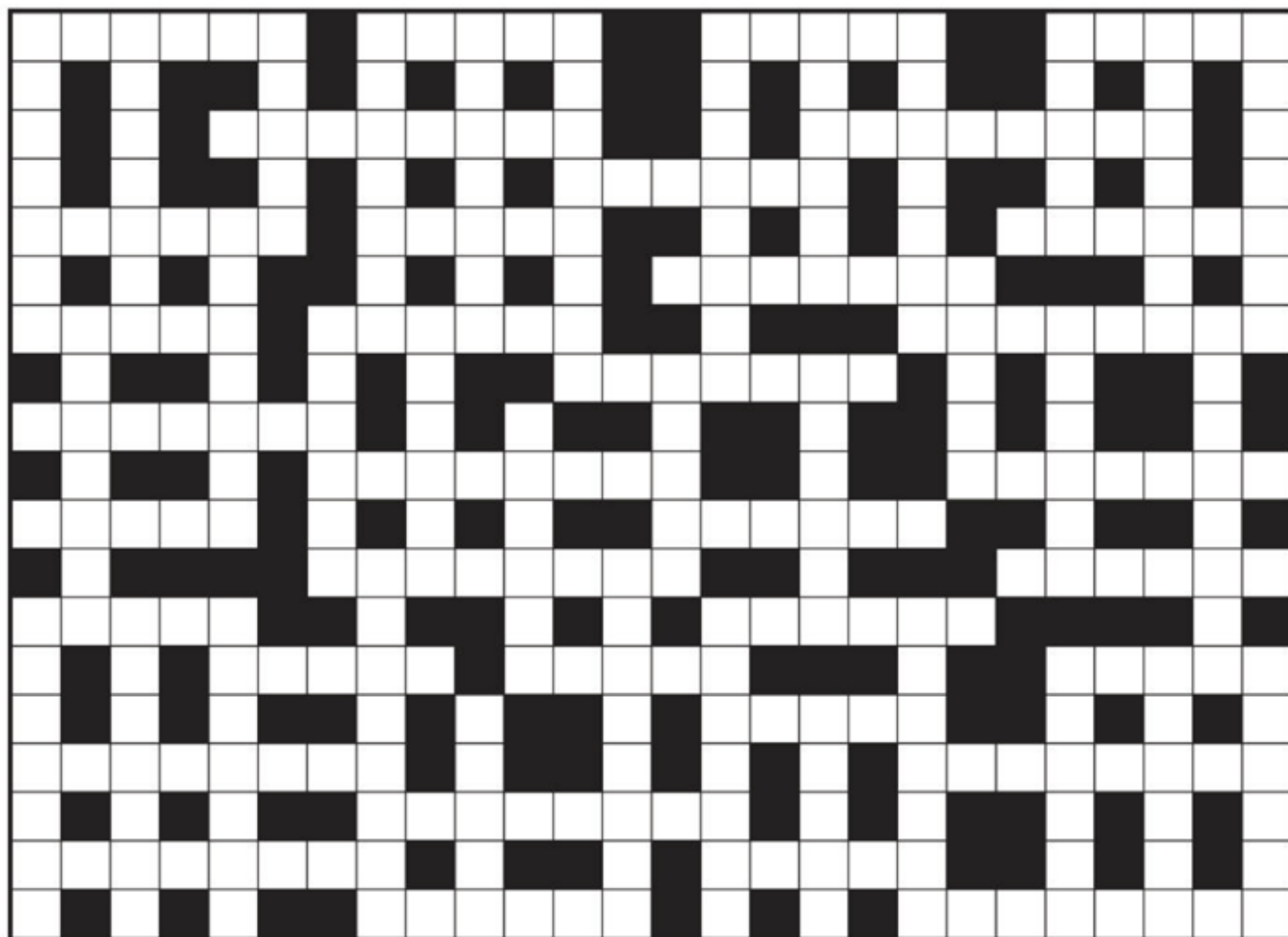
ADOPTS	AWHIRL	ENWRAP	LOAFED	OTTAWA	UGANDA
AMIDST	BREW UP	IN TWOS	MY WISH	OXHIDE	UNWEPT
ASWARM	DINNER	LAND HO	ON VIEW	TIED ON	WEB ART

7 LETTERS

ANDANTE	DAHOMY	EVO DEVO	I WANT IT	OWLLIKE	TOLD ALL
CANDELA	DECORUM	HIT SHOW	LET DROP	REED PEN	WHEATEN
CATWALK	END GAME	IRON LAW	ORAL LAW	ROUGHED	YODELER

8 LETTERS

ATTOWATT	EXPEDITE	NBA DRAFT	PEDAL KEY	TOWNSMAN
AWAY GAME	LOWER LIP	O'DONOVAN	RODARMEL	TRADE RAT
EASE AWAY	MAJOR WAR	OPTED OUT	THE MEDIA	TWIRLING



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CREW

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