



ABDULLA AL SHEHHI

2KM COACH

NUTRITION & WELLNESS GUIDE

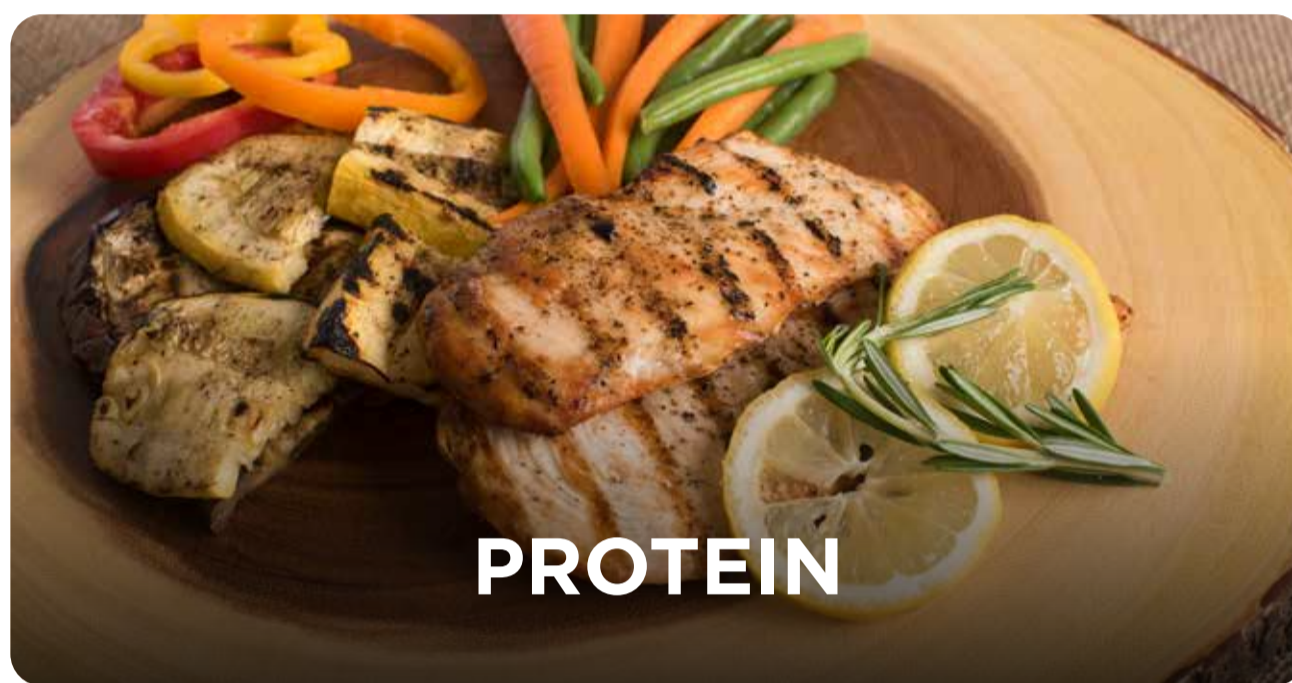
NUTRITION

A healthy diet can improve your life by reducing the chance of disease, enhancing brain function, and boosting your overall physical performance. A balanced diet should include a range of carbohydrates, protein, and fat:



CARBOHYDRATES

- Whole Grains
- Bread
- Pasta
- Potatoes
- Whole Fruits



PROTEIN

- Meat or fish
- Legumes
- Dairy
- Eggs
- Vegetarian alternatives like tofu



FAT

- Nuts
- Seeds
- Vegetable Oil
- Oily Fish
- Avocado

How much you consume of each depends on your lifestyle and goals but a good rule of thumb is to control the total daily calorie intake.

Meaning if you consume fewer calories than you burn every day you will lose weight and vice versa. Balancing calories and energy is important, regardless of what your diet is like.

Here are some foods to avoid:

Sugar-based products

Trans fats food like:
crackers, cookies, cakes, pies, fast food, coffee-creamer, fried food etc

Refined carbs like:
white bread

Vegetable oils

The best type of healthy diet is one you enjoy and can stick with long term. You can treat yourself to occasional unhealthy snacks, but make sure it doesn't enter your regular diet.

While a well-balanced diet is meant to provide your body with all the necessary nutrients, sometimes it needs some help with additional supplements. Here are some good ones:

VITAMIN

Promotes healthy strong bone growth, and also helps protect older adults from osteoporosis.

MAGNESIUM

One of its many functions include helping with muscle and nerve function, regulating blood pressure, and supporting the immune system.

CREATINE

Improve strengths, increase lean muscle mass, and help the muscles recover more quickly during exercise.

WELLNESS

Wellness means a balance between a healthy body and mind.
Simple and consistent activities can make all the difference towards a happier life:



Get fresh air and sunlight every day

Research shows that fresh air can increase the levels of serotonin, also known as the 'happiness hormone', which makes us feel good about ourselves. Sunlight helps improve mood and focus, and decreases the risk of depression.



Exercise regularly

Exercise and physical activity are great ways to feel better, boost your health, and improve your mood. It also helps control your weight, prevents ill-health, boosts your energy, and helps you sleep better.



Practice Yoga and Meditation

Yoga, meditation and deep breathing can improve mental well-being. Regular yoga practice increases concentration, calms the mind, and relieves chronic stress patterns. Meditation decreases stress, lowers blood pressure and reduces symptoms of anxiety and depression.



Get enough sleep

Most adults need 7-8 hours of good quality sleep daily. Research shows that a good night's sleep can help you eat less, exercise better, and be healthier.

Tips to help you sleep better:

- Avoid caffeine late in the day
- Reduce naps to 30 minutes in the afternoon
- Avoid eating dinner too late
- Take a relaxing bath or shower before bedtime
- Invest in a comfortable bed, mattress, and pillows to reduce back, shoulders, and neck pains



Maintain a skincare routine

A daily skincare routine can improve your skin and raise your self-confidence.

Reference: <https://www.healthline.com/>

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