

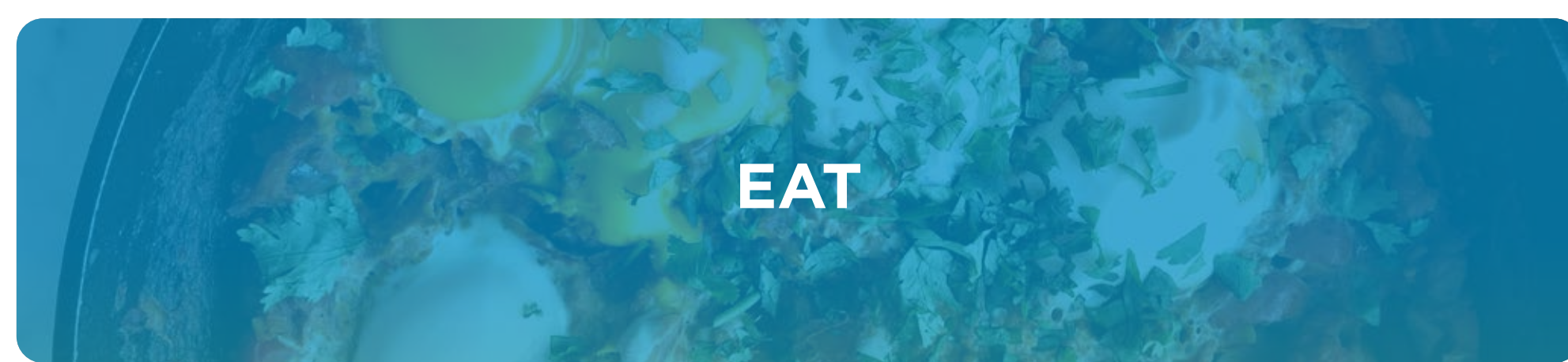
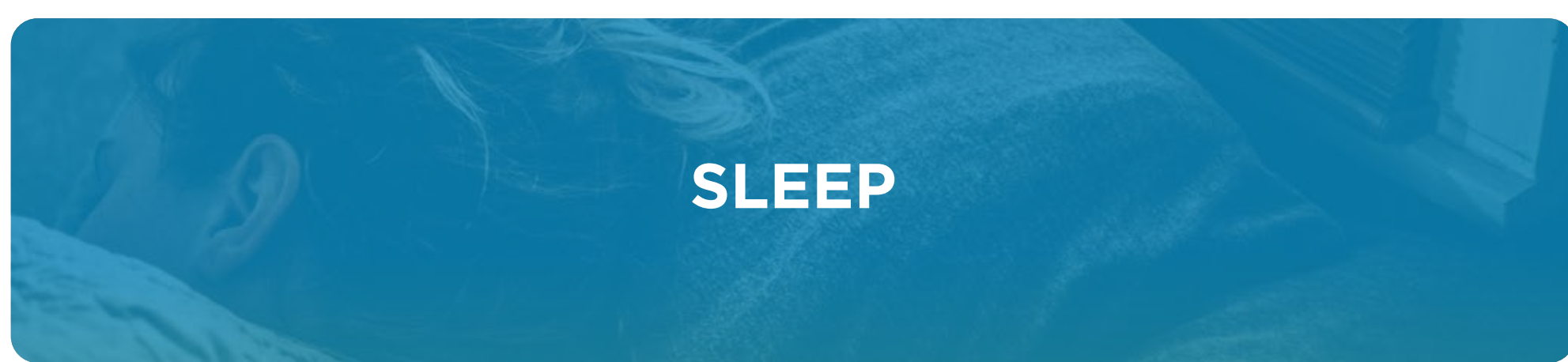


LUKE MATHEWS

5KM COACH

NUTRITION & WELLNESS GUIDE

Welcome to my guide on how to lead a better lifestyle in conjunction with moving more each day. I believe that improving four aspects of your day can help you lead a better life:



These are some of the most basic parts of our lives that make us function as human beings. However, over the years, we often get out of balance with some of them; ultimately leading to a lot of health issues, such as heart disease, obesity, and depression.

So what do the four pillars mean:



SLEEP

It is the superpower we don't realize we have. A good quality night's sleep can do wonders. Always aim to get 7-9 hours each night. A good tip on making sure you fall asleep comfortably is adjusting the room's temperature to be between 18-20 degrees celsius and keeping it quite dark.



EAT

Get this straight from the get-go. Reduce processed and sugary foods and start making the right choices with fresh and healthy foods. Always try to eat two hours before you go to sleep to allow digestion while still awake. And don't forget to drink water! Aim for 3 litres a day.



MOVE

If you are doing the programme, then this is a great start. In general, human beings don't move enough these days because of how much we work on laptops, watch TV, etc. Aim to get up and move around every half an hour or so, do a couple of squats, and stretch out. Moving will make you feel good and keep you refreshed.



RELAX

Try purposeful breathing or meditation and avoid looking at a screen to allow your brain to refresh. Find ways to relax that you enjoy; like puzzles or reading. Relaxing is 'you' time.

All four elements link together very well: you eat better, you sleep better and in turn these will make you want to move more, which will make you want to relax to help with the recovery. Remember that consistency, patience, and belief in yourself are key to achieving a balance.

Good luck!

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