



MANAL ROSTOM

10KM COACH

NUTRITION & WELLNESS GUIDE

20 WELLNESS TIPS FOR HEALTHY & HAPPY LIVING

Sometimes exercise and a healthy lifestyle feels overwhelming and out of grasp. It's tough to hold down a full-time job, eat well and clean, train for a marathon, drink water and green juice, spend quality time with your family, and meditate for an hour each day.

But here's the thing - healthy living is about the small things we do for ourselves daily. Things that are so small they don't feel momentous, but if done consistently over time, add up to produce big results.

Here are 20 tips to live a healthier, happier lifestyle - all simple, easy things that can be seamlessly incorporated into your daily life:

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|---|---|
| Sleep early to wake up early 1 | Drink a glass of water first thing in the morning 2 |
| Try an early morning run or workout to kickstart your day 3 | Meditate and try breathing exercises in the morning for a focused and calm mind 4 |
| Try intermittent fasting 1-2 times a week 5 | Do yoga 2-3 times a week 6 |
| Keep track of your fitness activities with a smartwatch to track calories, steps, and keep you focused 7 | Unfollow or block people of accounts on social media that affect your mental health negatively 8 |
| Get some vitamin D and vitamin Sea by going to the beach - don't forget to wear sunscreen! 9 | Drink at least 2 litres of water a day 10 |
| Read a self-help book or listen to podcasts on your way to work 11 | Learn to say no 12 |
| Practice kindness and gratitude throughout the day 13 | Write a to-do list every day 14 |
| Treat yourself to a good spa treatment or full-body massage once a week 15 | Spend quality time with friends and family. Check in on them if you are social distancing to stay connected 16 |
| Watch documentaries to learn about new things 17 | Light candles to help you relax 18 |
| Declutter your personal space at home 19 | Switch off phones and laptops before bed to prepare your body for sleep 20 |

A GUIDE TO HEALTHIER GROCERY SHOPPING

If the saying "you are what you eat" is true, then we should try to be eating the best and healthiest fresh foods out there!
Here's a handy guide to making sure your shopping list for each meal is colourful, varied and healthy.
And don't worry - one cheat day a week is always encouraged!



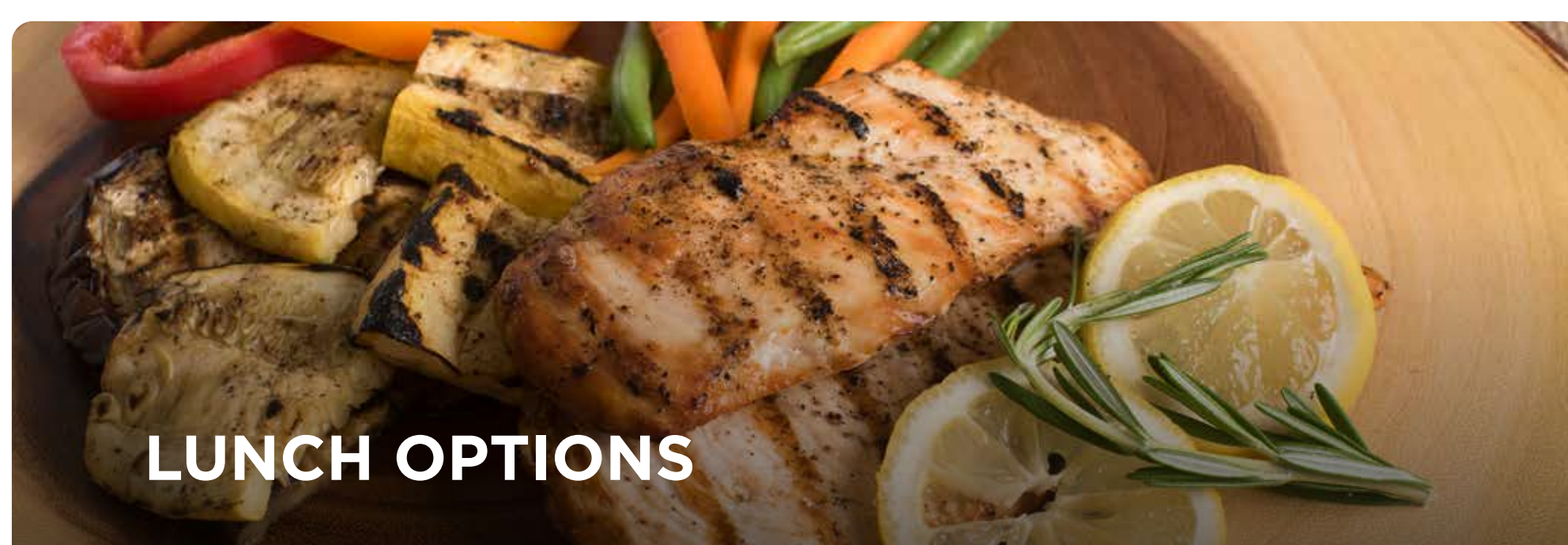
BREAKFAST OPTIONS

- Cereal bars
- Oatmeal with honey and milk
- Turkey or tuna sandwich in brown toast with a sliver of butter
- Eggs cooked in olive oil
- Foul or baked Falafel
- Weetabix in low fat or almond milk
- Plain corn flakes in low fat or skimmed milk / coconut or almond milk
- Fruit salad with low fat yoghurt
- Muesli or any cereal rich in fibre
- Rusk
- Fresh orange juice
- Water



SNACK OPTIONS

- Water
- Cereal bars
- Edamame
- Fruit
- Rice cakes (with yoghurt or dark chocolate)
- Popcorn (unflavoured)
- Raw nuts (unsalted and unflavoured)
- Trail mix
- Baby carrots
- Cherry tomatoes



LUNCH OPTIONS

- Grilled chicken or fish
- Grilled vegetables
- Quinoa with edamame salad
- Baked sweet potato
- Tofu salad
- Kale and walnut salad
- Quinoa and cashew nut salad



DINNER OPTIONS

- Grilled salmon and salad
- Shrimp salad
- Beef stir fry
- Chicken salad
- Tuna salad
- Grilled vegetables
- Edamame salad

Foods to avoid during the week:

Pasta

Pizza

All fast food

Sugary and flavoured coffees

Fizzy drinks

Chips, french fries, rice crackers

More than 2 tablespoons of brown rice

White bread

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