



## LEE RYAN

5KM COACH

# NUTRITION & WELLNESS GUIDE

## NUTRITION

A good nutrition plan must consider weight, your training and your fitness goals.

**Here are some tips that work for me:**



### WATER

This is vital for life and far too many people do not drink enough. After 6-8 hours of sleep, the body is dehydrated; make sure to replenish it with water to wake up, clear your mind, and get your blood flowing.



### CAFFEINE

Most of us love a morning coffee and that's ok! However, try to avoid having extra cups later in the day, as research shows that caffeine can affect sleep, digestion, and recovery.



### LIMIT PROCESSED FOODS AND SUGAR

Try to integrate fresh products into your cooking.



### LIMIT PORTION SIZES AND BE CONSCIOUS OF THE TIME

Avoid overeating and eating too late to allow your body to digest before you sleep.

**Good fuel in the body helps boost energy, mood, and health.**

## PRE-RUN AND POST-RUN NUTRITION TIPS



### Hydrate and eat well the day before

This will allow the body to digest the food and turn it into energy to help you when you exercise.



### Hydrate with water

Avoid energy drinks.



### If it works, stick to it

Recognise what works for your body and make it consistent; whether this is how you train, your diet, or your sleep schedule.



### Post-run fuel

Always drink water and have a healthy snack like a banana or an apple. Getting some protein and fuel into the body within a 30 minute window is key to aid recovery and limit fatigue, cramps, and muscle soreness.



### Pre-run snacks

A light snack like a banana or apple can stop hunger pangs and give you an energy lift without being too heavy in the gut. And remember to drink some water.



## WELLNESS

### 5 KEY POINTS TO HELP YOU STICK TO THE PROGRAMME AND KEEP A HEALTHY BALANCE IN LIFE

Check your plan every day and track your progress

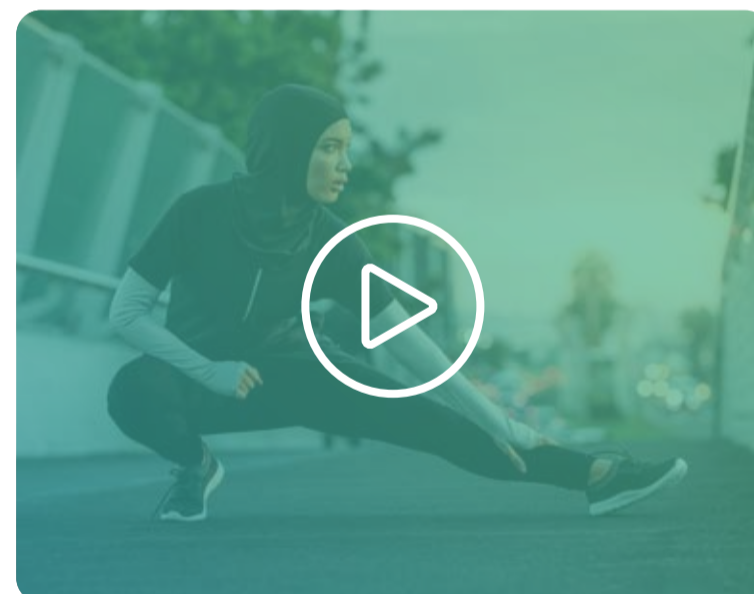
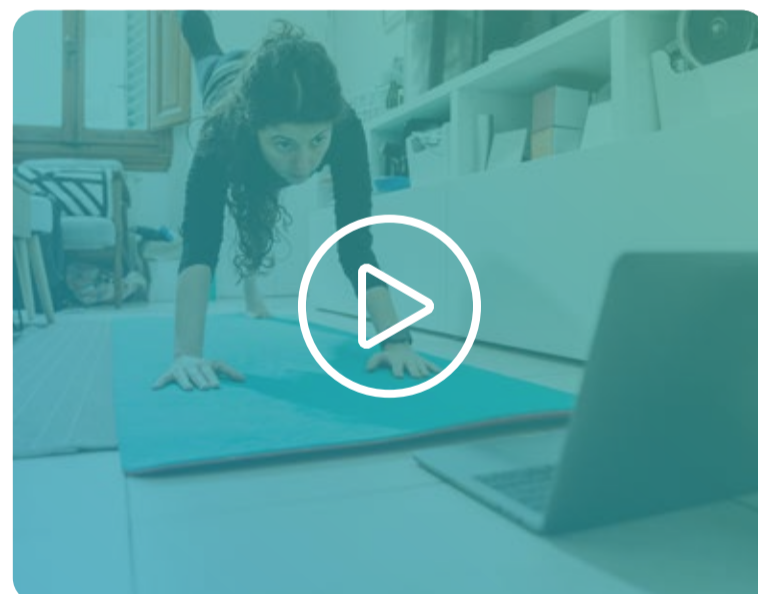
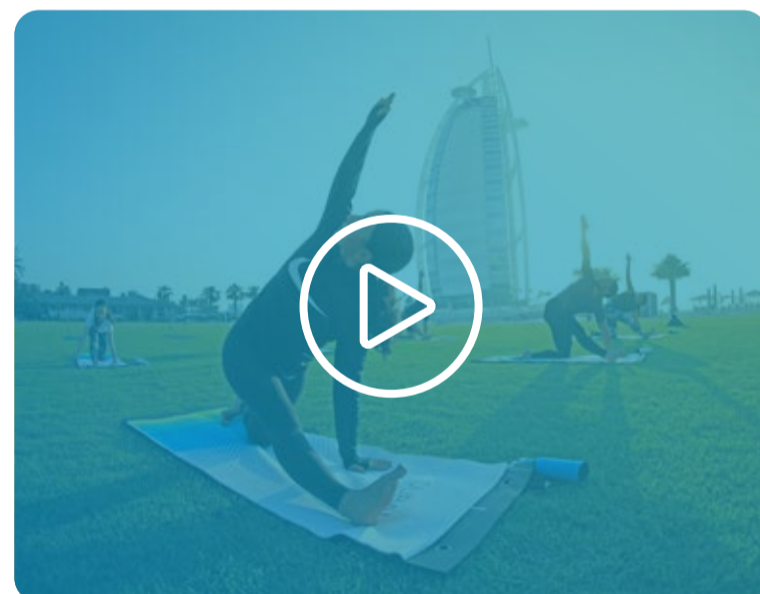
Aim to drink at least 2 litres of water every day

Maintain a good sleep routine and get a minimum of 8 hours every night

Get some sunshine. 20 minutes outdoors is good for skin and minimises stress

Make sure to enjoy the process

### HERE ARE SOME EASY HOME BODY WORKOUTS AND MEDITATIONS FOR YOU TO TRY



**TAG US DURING YOUR TRAINING!**

 **@DUBAIFITNESSCHALLENGE @LEEMRYAN**

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