

4 WAYS TO GET MOST OUT OF YOUR WORKOUTS

1) SET CLEAR GOALS

Define what you are aiming for, whether it's building muscle, losing weight, or improving endurance. Having specific, measurable goals can help keep you motivated and disciplined.

2) FOLLOW A BALANCED ROUTINE

Incorporate a mix of strength training, cardio, and flexibility exercises. This ensures overall fitness and reduces the risk of injury.



3) PRIORITISE NUTRITION AND HYDRATION

Fuel your body with the right nutrients before and after your workouts. Staying hydrated is also crucial for optimal performance and recovery.



4) ENSURE PROPER REST & RECOVERY

Allow your muscles time to recover between workouts. This can include rest days, sufficient sleep, and practices like stretching or using a foam roller.

3 TIPS FOR INCORPORATING PROTEIN EFFECTIVELY INTO YOUR DIET:



1) INCLUDE PROTEIN IN EVERY MEAL

Aim to have a source of protein in every meal to help maintain muscle mass and keep you feeling full longer.



2) CHOOSE HIGH QUALITY PROTEIN SOURCES

Opt for high-quality proteins that provide all essential amino acids. Examples include lean meats, fish, dairy, eggs, and plant-based options like quinoa and soy products.



3) MONITOR YOUR PROTEIN INTAKE

Be mindful of how much protein you consume daily. The recommended dietary allowance (RDA) for protein varies based on factors like age, sex, and activity level, but a general guideline is about 0.8 grams of protein per kilogram of body weight for the average adult. Adjust your intake according to your specific needs and goals.



2 WAYS TO LEVEL UP YOUR COOL DOWN GAME



1) DEEP BREATHING EXERCISES

Incorporate deep breathing exercises to help calm your nervous system and promote relaxation. Inhale deeply through your nose, hold for a few seconds, and then exhale slowly through your mouth.

2) USE A FOAM ROLLER

Foam rolling can help release muscle tightness and improve blood flow to the muscles. Spend a few minutes rolling out major muscle groups to reduce soreness and improve recovery.

1 THING YOU SHOULDN'T FORGET TO DO WHEN YOU SQUAT

Engaging your core throughout the squat movement is of utmost importance.

This stabilizes your spine and helps maintain balance, contributing to better overall form and reducing the risk of injury.

