

# Your Guide to **Bridal** START LIVING RIGHT



## Interview

with

**Maya Nassar**

By Ghada Sakr

**W**e chatted with Maya Nassar; the Lebanese fitness model, certified trainer and sports nutritionist who has her own fitness show on MTV Lebanon; about the brides & grooms-to-be and how to get physically ready for the big day.

Our Magazine issue is **dedicated to the modern Cinderella, how can you help a bride look like A CINDERELLA ON HER SPECIAL DAY?**

My free mobile application; startlivingright, that has been ranked as number one application by Apple Store several times, offers health tips and advice to get into shape quickly. I would also advise the bride to follow the free downloadable guides on my website [www.startlivingright.com](http://www.startlivingright.com) which includes diets, exercise programs and lots of information.

My advice is not to stress too much before the wedding, and to plan everything in advance. It is very important to find some time to rest and get a good night's sleep before the big day. Overdoing things or stressing too much might exhaust the bride/groom or even cause them to fall ill. A wedding will be the most special day of someone's life, so the bride and groom should enjoy every moment of it.

**When is the best time to start a diet before one's wedding?**

It takes 2 to 3 months to achieve a major body transformation, so my advice is for the bride and groom to get started a few months before the wedding.

**Does the added stress of wedding planning make it harder for the bride/groom to lose weight?**

I do not think stress will prevent someone from losing weight, if they follow a healthy diet and regular exercise routine. However, some people tend to overeat when stressed out; as form of comfort eating. If this is the case; I would advise them to pay attention, and find alternative coping mechanisms. They can (for example) go to the gym, go for a walk, or talk to a friend instead.

**What's your advice to a bride & groom's perfect body?**

My advice is to work hard by exercising, and following a healthy diet. There is no such thing as results without putting in a lot of effort. Brides and grooms should not fall for scams. There are no miracle pills! The only way to get into shape is to follow a healthy diet and exercise.

**With all the wedding planning, the couple most probably won't have a single minute to workout. What do you suggest?**

I personally disagree! Before my own wedding, I dedicated a special time for exercising; and I made it a priority! If getting into shape is important to someone, they will find the time for it; even if it means waking up earlier or exercising on weekends. Another option is for the bride/groom to exercise at home. This will save them the time of driving to the gym, and has the added advantage of picking the training time that suits them the most. A free downloadable home exercise guide, that any bride or groom can follow, is available on my website.

**What are your top tips for brides and grooms to find their wedding Zen?**

## What would be your top-tips for brides thinking about booking a personal trainer before the wedding?

I believe personal trainers can be great motivation for a bride to get into shape before her wedding. My advice would be to visit several gyms and to discuss her personal goals with the managers, and see if they can offer her a suitable program to match those goals. It is also important to check that a personal trainer has proper certification. If a bride is unable to afford a personal trainer, she's welcome to download my mobile app and follow one of the exercise programs available there.

## Should brides TAKE VITAMINS or other dietary supplements ahead of the big day?

I do recommend taking daily multivitamins to ensure that the body is getting all needed minerals and vitamins. However, this is not mandatory. If the bride is following a healthy diet, then I believe she can get all of her nutrition from food. I do not, however, believe a bride needs dietary supplements to get into shape. When training for my last competition, I did not take any supplements and still saw results.



## How can A NUTRITIONIST help a bride?

A nutritionist can help a bride with a diet plan to get into shape for her wedding. A bride should make sure to pick a good nutritionist. And she should avoid anyone who tells her to go on a low calorie diet (anything below 1200 calories a day) or advises her to cut out any major food groups (i.e. carbs or healthy fats). The bride should not have to do anything extreme to get into shape; she just has to follow a well-balanced diet.

## Does committing to a healthy lifestyle mean you have to give up on your favorite food for good?

Definitely not! Being healthy does not mean you can't enjoy the food you like. It is just that you need to do so in moderation. You can still enjoy your favorite foods by having a cheat meal once or twice a week. However, I do not recommend eating junk food because it offers zero nutritional value and may even cause health problems in the future. It is important to note that a cheat meal means one meal only, and not an entire day of eating the wrong food.

## What's your piece of advice for the newlyweds to START LIVING RIGHT?

Newlyweds should see 'being healthy' as a lifestyle with no expiry date. They should exercise regularly and avoid foods that are high in fat or sugar. Their daily diet should include

fruits, vegetables, protein, healthy fats; and they should replace white carbs with brown carbs (i.e. brown rice, brown bread). I advise them to find a happy balance between being healthy and doing the things they enjoy. Many people believe that a healthy lifestyle is kind of a sacrifice or punishment, but I say that it is a reward because it makes your life so much better. You can still dine out, travel, socialize, and do everything you love to do; and be fit at the same time!

## What is your advice for brides who need that extra push to get started with a new healthier lifestyle?

I would say find some form of emotional attachment to your goals. You need to establish why it is important for you to get into shape and how it will change your life for the better. When getting into shape means something to someone and when that person recognizes that it will change their life for the better, it motivates them to get started and makes it harder to give up.

## What do you think is the ideal exercise to staying fit and healthy?

I would say weightlifting. Many women incorrectly believe that weightlifting will make them bulky or masculine but that is incorrect as women do not have as much testosterone as men to become masculine. Weightlifting shapes our body, builds up our metabolism and helps us lose fat much quicker. It also enables us to eat more overall calories without gaining weight.