

Benefits Of A Healthy Diet And Exercise During The Lockdown By Maya Nasar



Exercising and healthy eating habits during the global pandemic left millions of people around the world preoccupied. Many people find it hard as they cannot seem to commit to a certain exercise plan or diet during these circumstances. The inability to have access to gyms have made many people give up on their fitness goals and lose their motivation. How can people eat healthy? What about healthy snacks? How to exercise with minimum equipment? And many more questions were answered by The International Fitness Model, mom, and entrepreneur Maya Nasar.

A Well Balanced Intake Of Natural Unprocessed Food

Regarding the confusion over healthy diets, Maya Nasar affirms that a healthy diet must include a well-balanced intake of natural and unprocessed foods. It is recommended to eat wholegrain carbs (brown rice, brown bread, lentils, oats, quinoa, etc.), healthy fats (avocado, olive oil, raw nuts, etc.), lean protein (fish, chicken, meat), fruits and vegetables daily. These foods have little to no ingredients which means they are natural and not processed. These foods should make up the majority of our diet, with processed food or junk food eaten once or twice a week in moderation. Moreover, in order not to gain weight, people are intrigued to know which healthy snacks they can consume during lockdown, Maya

Nassar recommends sticking to snacks that are 100 calories or less and paying attention to portion sizes. The international fitness Model adds “I personally recommend fruits as they are typically 80 calories or less per serving, and are full of vitamins and fiber, plus they taste sweet. Another good option is a bowl of non fat yoghurt which can be mixed with fruits or honey. Protein shakes also make a great snack and can be mixed with skimmed milk or water and can be blended with fruits or oats. Maya also proposed another idea which is to eat some rice cakes with healthy toppings like low fat cheese, labneh or even peanut butter. Finally, baking kale chips at home and adding a sprinkle of salt is also a great substitute to regular chips.



Exercise To Maintain Your Fitness Level

As many people ignore the physical and mental health benefits of a healthy diet plan, Maya insists that a healthy diet during lockdown is essential to maintain our weight and overall general health. It can be very easy to gain weight during lockdown since we are not going anywhere, but if we burn as many calories as we consume, then weight gain will be impossible. A healthy diet will also enable us to feel good, positive, and energized. Junk food will deplete our body of nutrients and make us feel lethargic, which is why it is only recommended to eat these kinds of food in moderation.

Some people believe that it is nearly impossible to get fit during lockdown, the lack of equipment demotivates them and make them postpone their fitness goals. The International fitness model and owner of SLR Gym Maya Nassar recommends by saying "There are many ways to get fit during lockdown". She adds that her personal advice is to do bodyweight exercises and if someone does not have any equipment at home, it is a great idea to follow workout videos or DVDs. She also pointed out that

she has a mobile app called "startlivingright" that anyone can download for free and it has exercise plans and diet plans to do.

Maya also advises using the stairs of a building for a good workout.

"It's a great idea to run up the stairs and walk back down and repeat three to five times daily. Also, simple exercises can be done using water bottles if someone does not have dumbbells at home".

She also insisted that working out during lockdown is very important to maintain our fitness level and to eliminate stress. Exercise releases anti-stress hormones which help us feel positive and happy.

Finally, as an international fitness model, entrepreneur, and mother, Maya Nassar addresses the issue of commitment and motivation during the pandemic by giving her personal advice "set a routine and stick to it. She adds that It is also important to choose a time that is convenient by giving an example, "if you are not a morning person, then it's not advisable to exercise early in the morning".

Lockdown can be a very stressful time for busy people, especially if we feel like our lives have been paused, and exercising is one way to help us get through it".