

FAST FIT

FITNESS

MAGAZINE



**Electrifying Their Workouts:
Celebrities Who Train with EMS**

**The Vital Role of Sleep in
Fitness and Recovery**

Tips for Consistent
Exercise Habits

Nutrition Tips for
Building Lean
Muscle Mass

**Training for Your
First Marathon**

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CONTENTS

02

CONTENTS

03

MEET THE EXCEPTIONAL TEAM AT FAST FIT:
YOUR FITNESS JOURNEY GUIDES

04

ELECTRIFYING THEIR WORKOUTS:
CELEBRITIES WHO TRAIN WITH EMS

06

THE VITAL ROLE OF SLEEP IN
FITNESS AND RECOVERY

08

TIPS FOR CONSISTENT
EXERCISE HABITS

10

TRAINING FOR YOUR FIRST MARATHON -
A BEGINNER'S GUIDE

12

NUTRITION TIPS FOR BUILDING
LEAN MUSCLE MASS

14

HEALTHY RECIPES

15

PERSONAL TRAINER SPOT LIGHT



Latest News

Celebrities Who Train with EMS



The Silent Hero

The Vital Role of Sleep in Fitness and Recovery



Step by Step

Training for Your First Marathon - A Beginner's Guide

MEET THE EXCEPTIONAL TEAM AT FAST FIT: YOUR FITNESS JOURNEY GUIDES

At FAST FIT, we understand that achieving your fitness goals requires not only determination and effort but also the guidance and support of experienced professionals. That's why we take pride in introducing you to the exceptional trainers and staff who make up our dedicated team. Together, we are committed to helping you on your fitness journey and ensuring your success.

Our Experienced Trainers

Our trainers are the heart and soul of FAST FIT. Each member of our training team brings a wealth of knowledge, expertise, and passion to the training floor. Here's what you can expect from our trainers:

1. Expertise: Our trainers hold certifications and qualifications in various fitness disciplines, including personal training, nutrition, and more. They stay up-to-date with the latest industry trends to provide you with cutting-edge guidance.

2. Personalized Approach: At FAST FIT, we believe that one size does not fit all. Our trainers take the time to understand your unique fitness goals, limitations, and preferences. They then design tailored workout programs that address your specific needs and aspirations.

3. Motivation and Support: Fitness journeys can have their ups and downs, and our trainers are there to motivate and support you through every step. They celebrate your successes and provide encouragement when you face challenges.

4. Accountability: Consistency is key to achieving fitness goals. Our trainers help keep you accountable for your workouts and progress, ensuring that you stay on track.



Our Friendly and Knowledgeable Staff

Beyond our trainers, our staff plays a crucial role in creating a welcoming and supportive environment at FAST FIT. Here's how our staff contributes to your overall experience:

1. Front Desk Team: Our friendly front desk staff is here to greet you with a warm smile and assist you with any inquiries you may have. They help ensure that your check-in process is smooth and hassle-free.

2. Facility Management: Our behind-the-scenes team works diligently to maintain our state-of-the-art fitness facility. They ensure that our equipment is in top-notch condition, creating a safe and comfortable workout environment.

3. Nutritional Guidance: Our staff includes nutrition experts who can provide guidance on maintaining a balanced diet that complements your fitness program.

4. Customer Care: If you ever have questions about your membership, session schedule, or any other aspect of your experience at FAST FIT, our customer care team is here to assist you promptly and we're excited to support you every step of the way. Welcome to the FAST FIT family!



At FAST FIT, we consider our trainers and staff to be your fitness partners. We are dedicated to helping you achieve your fitness goals, whether you're looking to build strength, lose weight, improve endurance, or enhance your overall well-being.

Our team's collective commitment is to provide you with the guidance, motivation, and resources you need to succeed on your fitness journey. We invite you to get to know our trainers and staff, ask questions, and make the most of your time at FAST FIT. Your success is our success,

ELECTRIFYING THEIR WORKOUTS: CELEBRITIES WHO TRAIN WITH EMS

In the glamorous world of Hollywood, staying fit and fabulous is a top priority for many celebrities. While they have access to the best trainers, nutritionists, and cutting-edge fitness technologies, one trend that's been making waves among the A-listers is Electrical Muscle Stimulation (EMS) training. EMS has become a secret weapon for some of our favorite stars, helping them achieve incredible results in a fraction of the time. Let's take a closer look at the celebrities who've embraced the power of EMS in their fitness routines.



Cristiano Ronaldo

One of the world's greatest footballers, Cristiano Ronaldo, is renowned for his exceptional athleticism and dedication to fitness. To maintain his peak performance, Ronaldo incorporates EMS into his training regimen. EMS helps him target specific muscle groups and increase strength, which is crucial for his game on the pitch.

Heidi Klum

Supermodel Heidi Klum is famous for her stunning physique, and she credits EMS for helping her stay toned and trim. Klum is a fan of the time-efficient nature of EMS workouts, making it easier to balance her busy schedule as a model, TV host, and entrepreneur.



Elizabeth Banks

Actress and director Elizabeth Banks is known for her roles in films like "The Hunger Games" and "Pitch Perfect." Banks revealed that EMS training helped her regain her strength and fitness after giving birth. It's no surprise that many new moms turn to EMS for its efficiency and effectiveness in post-pregnancy recovery.

Usain Bolt

The fastest man on Earth, Usain Bolt, has used EMS to enhance his sprinting performance. EMS helps him fine-tune his muscles and improve his explosive power, allowing him to maintain his title as the world's fastest sprinter.



Mandy Moore

Singer and actress Mandy Moore has found success in both the music and acting worlds. She has credited EMS for helping her build lean muscle and maintain her energy levels during demanding tours and film shoots.



Joel Kinnaman

Swedish-American actor Joel Kinnaman, known for his roles in "The Killing" and "Suicide Squad," is a proponent of EMS. He uses it to sculpt his physique for action-packed movie roles, where physical conditioning is paramount.

Sting

Music legend Sting has been using EMS to keep himself in top shape for his high-energy concerts. As he ages gracefully, EMS has become an integral part of his fitness routine to maintain his stamina on stage.



Electrical Muscle Stimulation training is a versatile and efficient way for celebrities to achieve their fitness goals. It works by sending electrical impulses to contract muscles, making workouts more intense and effective. In just a short session, users can engage multiple muscle groups simultaneously, making it ideal for those with busy schedules.

While EMS can provide impressive results, it's essential to remember that it's not a magic solution, and results vary from person to person. It's always best to consult with a trained EMS professional and combine EMS training with a balanced diet and overall fitness routine.

As celebrities continue to endorse EMS, its popularity is likely to grow in the fitness industry. Whether you're a Hollywood star or someone looking to level up their fitness game, EMS offers an innovative approach to achieving your fitness goals in record time. So, why not give it a try and electrify your workouts just like your favorite celebrities?

TRAIN WITH EMS

THE VITAL **ROLE OF SLEEP** IN FITNESS AND RECOVERY

When it comes to achieving your fitness goals, you might think that intense workouts and a carefully planned diet are the keys to success. While exercise and nutrition are undoubtedly critical, there's another often-overlooked factor that plays a vital role in your fitness journey: sleep. In this article, we'll explore the profound impact sleep has on fitness and recovery and why it's the unsung hero in your pursuit of a healthier, stronger body.

The Restorative Power of Sleep

Sleep is not merely a period of inactivity; it's a dynamic process during which your body undergoes numerous crucial functions to repair and rejuvenate itself. Here's how it contributes to your fitness and recovery:

1. Muscle Recovery and Growth

During deep sleep stages, such as rapid eye movement (REM) sleep, your body releases growth hormone, which is essential for muscle repair and growth. Adequate sleep ensures your muscles have the opportunity to recover and grow, allowing you to make progress in your fitness journey.

2. Energy Restoration

Sleep replenishes your energy stores, specifically glycogen, the body's primary fuel source during high-intensity workouts. A good night's sleep ensures that your energy levels are topped up, enabling you to perform at your best during exercise.

3. Hormone Regulation

Sleep plays a pivotal role in balancing hormones related to hunger and stress. Inadequate sleep disrupts these hormones, leading to increased appetite, particularly for unhealthy foods, and heightened stress levels. This can sabotage your fitness and nutrition goals.

4. Cognitive Function and Focus

Restful sleep enhances cognitive function, memory consolidation, and focus. This mental clarity and alertness are crucial when planning workouts, tracking progress, and making healthy food choices.

The Dangers of Sleep Deprivation

Conversely, chronic sleep deprivation can have detrimental effects on your fitness and recovery:

1. Increased Risk of Injury

Lack of sleep impairs coordination and reaction time, increasing the risk of injury during workouts. Over time, this can lead to setbacks in your fitness journey.

2. Reduced Performance

Insufficient sleep hampers exercise performance. You'll likely find it harder to lift weights, run, or engage in high-intensity activities when you're fatigued.

3. Delayed Recovery

Without proper sleep, the body struggles to repair muscle tissue and remove waste products generated during exercise. This can extend recovery time between workouts.

4. Muscle Loss

In extreme cases of sleep deprivation, the body may break down muscle tissue for energy, counteracting your efforts to build lean muscle mass.

THE SILENT HERO



Tips for Optimizing Sleep for Fitness and Recovery

Now that we understand the vital role sleep plays in fitness and recovery, here are some tips to ensure you're getting the most out of your slumber:

1. Establish a Sleep Schedule:

Go to bed and wake up at the same time every day, even on weekends, to regulate your body's internal clock.

2. Create a Sleep-Friendly Environment:

Ensure your bedroom is cool, dark, and quiet. Invest in a comfortable mattress and pillows.

3. Limit Screen Time:

The blue light emitted by screens can interfere with the production of melatonin, a sleep-inducing hormone. Avoid screens at least an hour before bedtime.

4. Mind Your Diet:

Avoid heavy or large meals close to bedtime, and limit caffeine and alcohol intake, as they can disrupt sleep.

5. Relaxation Techniques:

Engage in relaxation practices like deep breathing, meditation, or gentle stretches before bedtime to unwind.

6. Regular Exercise:

Regular physical activity can promote better sleep, but avoid vigorous workouts close to bedtime.

7. Manage Stress:

Stress can negatively impact sleep. Develop stress-management strategies like mindfulness or journaling.

8. Seek Professional Help:

If sleep problems persist, consult a healthcare professional or sleep specialist for guidance.

In conclusion, sleep is an indispensable component of your fitness journey. It's not a luxury; it's a necessity for optimal performance, recovery, and overall health. By prioritizing quality sleep, you'll unlock the full potential of your fitness efforts and ensure your body has the best chance to reach its peak physical condition. So, remember, in the world of fitness, sleep is the unsung hero that deserves your attention and care.



TIPS FOR CONSISTENT EXERCISE HABITS

Consistency is the cornerstone of a successful fitness journey. Yet, staying motivated to exercise regularly can be a challenging endeavor. Whether you're just starting or have hit a plateau, maintaining a consistent exercise routine is vital for reaching your fitness goals. In this article, we'll explore effective strategies to help you stay motivated and develop enduring exercise habits.

1. Define Your "Why"

Start by identifying your personal reasons for wanting to exercise regularly. Is it to improve your health, boost your confidence, manage stress, or accomplish a specific fitness goal? Knowing your "why" can provide the intrinsic motivation needed to stay committed.

2. Set Realistic Goals

Set achievable, measurable, and time-bound goals. Break them down into smaller milestones. Celebrate your achievements along the way, as these mini-victories can boost your motivation.

3. Find Activities You Enjoy

Exercise doesn't have to be a chore. Explore different activities until you discover ones that genuinely resonate with you. Whether it's dancing, hiking, yoga, or a team sport, having fun while exercising makes it easier to stay motivated.

4. Create a Consistent Schedule

Establish a regular workout schedule that fits your lifestyle. Consistency breeds habit. Block out dedicated exercise time in your calendar, treating it as non-negotiable, just like any other appointment.

5. Get an Accountability Buddy

Enlist a workout partner or join a fitness class or club to stay accountable. Knowing someone is relying on you can be a powerful motivator to show up and give your best effort.

6. Mix It Up

Variety is the spice of life, and it can invigorate your exercise routine. Incorporate different types of workouts to prevent boredom. This can also challenge your body in new ways, leading to better results.

7. Track Your Progress

Keep a workout journal or use fitness apps to track your progress. Recording your achievements, no matter how small, helps you visualize your journey and stay motivated.

8. Reward Yourself

Set up a reward system for reaching your fitness milestones. These rewards can act as incentives and make the journey more enjoyable. Just make sure the rewards align with your goals, like new workout gear or a relaxing spa day.

9. Focus on the Process, Not Just the Outcome

While it's essential to have fitness goals, don't become overly fixated on the end result. Embrace the process of getting there, savoring the daily improvements and the sense of accomplishment they bring.

10. Stay Informed and Inspired

Read fitness magazines, follow fitness influencers on social media, or subscribe to fitness-related newsletters. Surrounding yourself with fitness inspiration can help you stay motivated and learn new techniques.

11. Embrace Rest and Recovery

Rest days are as crucial as workout days. They allow your body to recover and prevent burnout. Understand that rest is a part of the overall fitness journey.

12. Be Kind to Yourself

Accept that there will be setbacks and days when motivation wanes. Don't be too hard on yourself during these times. Instead, acknowledge the challenge and find the resilience to keep going.

13. Visualize Your Success

Mentally visualize yourself achieving your fitness goals. This can help reinforce your determination and create a positive mindset.

14. Seek Professional Guidance

Consider hiring a personal trainer or fitness coach to provide expert guidance, tailor workouts to your goals, and keep you motivated through structured training plans.

15. Stay Flexible

Life can be unpredictable. If you miss a workout or deviate from your plan, don't view it as failure. Adapt and get back on track as soon as possible.

In the journey to maintain consistent exercise habits, motivation can ebb and flow. However, by implementing these strategies and staying focused on your "why," you can cultivate the discipline and resilience needed to make exercise an integral part of your life. Remember, consistency is the key to lasting progress, and with the right mindset and tools, you can stay motivated and achieve your fitness aspirations.

STAY MOTIVATED



STEP BY STEP

Remember that running a marathon is a significant commitment that requires patience and dedication. It's normal to encounter challenges along the way, but each obstacle you overcome makes the accomplishment even sweeter. As a beginner, the journey to your first marathon is an incredible opportunity for personal growth and discovery. Embrace the process, stay consistent, and enjoy the experience as you work toward crossing that finish line with pride. Good luck on your marathon journey!

TRAINING FOR YOUR FIRST MARATHON - A BEGINNER'S GUIDE

Embarking on the journey to run your first marathon is an exhilarating and transformative experience. It's a challenge that will test your physical endurance, mental fortitude, and sheer determination. But with the right plan and preparation, anyone, regardless of their current fitness level, can conquer the 26.2-mile distance. In this beginner's guide, we'll walk you through the essential steps to train effectively and safely for your first marathon.

1. Set Clear Goals

Before lacing up your running shoes, define your marathon goals. Are you running to finish or aiming for a specific time? Setting clear objectives will guide your training plan and help you stay motivated throughout the process.

2. Build a Base

If you're new to running, it's essential to establish a running base first. Start with shorter runs and gradually increase your weekly mileage. Aim to run 3-4 times a week, building up to around 20-30 miles per week before beginning marathon-specific training.

3. Choose the Right Training Plan

There are many marathon training plans available, but it's crucial to select one that suits your fitness level and goals. Common plans include beginner, intermediate, and advanced levels. Consider consulting with a running coach or using reputable online resources to find the plan that aligns with your needs.

4. Consistency Is Key

Consistency is the foundation of marathon training. Stick to your chosen training plan, making adjustments for rest and recovery days. Slowly increase your long run distance each week, allowing your body to adapt gradually.

5. Cross-Train and Strength Train

Incorporate cross-training activities like swimming, cycling, or yoga into your weekly routine to reduce the risk of overuse injuries. Strength training, particularly for the core and lower body, can improve running efficiency and prevent imbalances.

6. Pay Attention to Nutrition

Nutrition plays a significant role in marathon training. Fuel your body with a balanced diet rich in carbohydrates, proteins, healthy fats, and a variety of fruits and vegetables. Stay hydrated, and consider experimenting with different nutrition strategies during long runs to find

what works best for you.

7. Listen to Your Body

Don't ignore signs of injury or fatigue. If you experience pain that persists, consult a healthcare professional or physical therapist. Rest and recovery are essential components of training, so don't hesitate to take scheduled rest days and reduce mileage if needed.

8. Long Runs and Simulated Races

As you progress through your training plan, incorporate long runs and simulated races to build endurance and mental toughness. These longer efforts prepare you for the marathon distance and help you develop race-day strategies.

9. Practice Race-Day Logistics

Familiarize yourself with race-day logistics, including clothing, nutrition, and pacing strategies. Consider participating in shorter races or time trials to gain race experience and test your gear and nutrition choices.

10. Taper and Rest

In the weeks leading up to your marathon, gradually reduce your mileage (taper) to allow your body to recover and store energy. Trust your training, and don't attempt to cram in extra miles at this stage.

11. Race-Day Execution

On marathon day, stick to your race plan. Pace yourself conservatively in the early miles, stay hydrated, and fuel according to your practiced strategy. Embrace the energy of the race and enjoy the journey.

12. Celebrate Your Achievement

Crossing the marathon finish line is a monumental accomplishment. Whether you achieve your time goal or simply complete the race, take time to celebrate your achievement and reflect on your journey.

NUTRITION TIPS FOR BUILDING LEAN MUSCLE MASS

When it comes to building lean muscle mass, it's not just about hitting the gym with unwavering determination. Nutrition plays an equally crucial role in sculpting the strong, lean physique you desire. Whether you're a seasoned lifter or just starting your muscle-building journey, these nutrition tips will help you make the most out of your efforts.

01. Protein Is Your Best Friend

Protein is the cornerstone of muscle growth. It provides the essential amino acids your body needs to repair and build muscle tissue. Incorporate lean sources of protein into your diet, such as chicken, turkey, lean beef, fish, eggs, and plant-based options like tofu and legumes. Aim for at least 1.2 to 2.2 grams of protein per kilogram of body weight daily.

02. Frequent Meals and Snacks

Instead of three large meals, consider eating smaller, balanced meals every 3-4 hours. This approach keeps your muscles constantly supplied with nutrients, promoting growth and recovery. Include a source of protein, complex carbohydrates, and healthy fats in each meal.

03. Complex Carbohydrates Are Vital

Carbohydrates provide the energy necessary for intense workouts. Opt for complex carbohydrates like brown rice, quinoa, sweet potatoes, whole-grain bread, and oats. They release energy slowly, preventing spikes and crashes in blood sugar levels.

04. Healthy Fats for Hormone Balance

Healthy fats are essential for hormonal health, which directly impacts muscle growth. Include sources like avocados, nuts, seeds, olive oil, and fatty fish (like salmon) in your diet. These fats also aid in the absorption of fat-soluble vitamins like A, D, E, and K.

05. Don't Neglect Vegetables

Vegetables are rich in vitamins, minerals, and antioxidants that support overall health and muscle recovery. Aim for a variety of colorful

vegetables to ensure you get a wide range of nutrients.

06. Stay Hydrated

Water is crucial for muscle function and recovery. Dehydration can hinder your performance and muscle growth. Aim to drink at least 8-10 glasses of water a day, and more if you're active.

07. Timing Matters

Consider having a source of protein and carbohydrates within an hour of your workout. This helps kickstart the muscle recovery process and replenishes glycogen stores. A post-workout shake with protein and a fast-digesting carbohydrate like a banana is a popular choice.

08. Prioritize Sleep

Quality sleep is when your body repairs and builds muscle. Aim for 7-9 hours of restful sleep per night to optimize your muscle-building efforts.

09. Monitor Your Progress

Keep a food journal or use a nutrition app to track your daily intake. This helps you stay accountable and make necessary adjustments to your diet as you progress toward your muscle-building goals.

10. Supplements Wisely

While whole foods should be your primary source of nutrition, supplements can be beneficial. Consider whey protein, creatine, and Essential Amino Acids (EAA) as supplements that may aid muscle growth. Always consult with a healthcare professional before adding any supplements to your routine.

Remember, building lean muscle mass is a gradual process that requires consistency in both training and nutrition. Tailor your diet to your specific goals, stay patient, and stay dedicated to your fitness regimen. With the right nutrition and hard work, you'll be well on your way to achieving the lean, muscular physique you desire.



FUELING GAINS

HEALTHY RECIPES

Waldorf Salad with Chicken: *Special Lunch*

	Chicken breast	200 g
	Celery	1 cup chopped
	Bibb lettuce	1 cup chopped
	Organic mayonnaise	1 tbsp
	Greek yogurt	1 small container
	Squeezed lemon juice	1/2 medium
	Red grapes	60 g
	Apples	1 small chopped
	Walnuts	20 g toasted
	Kosher salt	
	Freshly ground black pepper	
	Espresso	1

PERSONAL TRAINER'S SPOT LIGHT

Norah Saad

TRAINER
NORAH SAAD

How did you first become interested in fitness and personal training?

Since approximately 2017, when women's clubs were opened and interest in women's sports began, and then in 2019, I headed to specialize at my university as the first class of graduates to specialize in sports training.

What is your philosophy when it comes to training customers?

Training clients is something very important, especially in personal training, as you must know the client's lifestyle in terms of sleep, health problems, eating, activity, and nutritional habits. Personal training is not only practical exercise, but delving deeper into how the client lives.

What do you consider to be the most important elements of a successful EMS workout?

In my opinion, eating within the limits of your needs and in a healthy way, in addition to sleeping well, is sufficient to obtain excellent results in addition to EMS.

How do you work with customers to set and achieve their goals?

First, I begin by knowing the nature of the client's movement, then the way they sleep and the way they eat, and then we define goals together, what they desire and what they aim for, and based on that, we begin the sports journey.

How do you keep customers motivated and engaged during their workouts?

By talking about their goals and reminding them of them and what they want to achieve

How do you continue to educate yourself and stay up to date with the latest research and trends in the fitness industry?

Through the courses of the Leadership Development Institute of the Ministry of Sports, and through university courses and research in the field of sports training and fitness in general.

How do you balance the needs and goals of different customers with varying fitness levels and backgrounds?

This is my job, this is what I studied and trained on, so it is easy to cover the client's needs. I have a full 40 minutes for the client at the Fast Fit Club. The quality is high. They only have professional and certified trainers.

What advice would you give to someone who is just starting out on their fitness journey?

My advice is to be patient in exercising and to be patient in eating. How long did it take you to reach this unsatisfactory level? Don't you at least have to wait "a quarter of this time" to reach your goal?

Are you happy with FAST FIT?

I am very happy to be a trainer at Fast Fit, and I believe that it is the best environment in my experience to work as a personal trainer because of their respect for the client and the trainer in a wonderful way.

What do you think FAST FIT can offer to people different from other fitness companies in the region?


Fast Fit offers a lot of motivation, a support team ready to answer your questions, and a flexible work environment that will differ from many clubs. It is a high-quality club for you as a coach.


#1


Special Offers

For the Month of October

- **10% off on WalaPlus**
- **15% off for STC Tamayouz cardholders-employees**
- **15% off for all Al Masi, Al Thahabi and infinite cardholders-employees at Al Jazerah Bank**
- **15% off for all Private, Diamond and Gold cardholders at Al Riyadh Bank**
- **15% off for all Emirates NBD Credit and Debit cardholders**
- **10% off for all Visa infinite, Visa signature and Master card world cardholders at Saudi Franci Bank**

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"20 minutes with EMS can be your game-changer. Power up!"

The efficiency of EMS (Electro Muscular Stimulation) training. In just "20 minutes," EMS can provide significant workout benefits, making it a "game-changer" in fitness routines. "Power up!" motivates individuals to embrace EMS's transformative potential.