

FAST FIT

FITNESS

MAGAZINE



Effective Workout Routines for Various Fitness Goals

The benefits of incorporating mindfulness & meditation into your fitness

Nutrition Tips & Healthy Eating Habits for Optimal Fitness

The impact of stress on fitness & ways to manage it effectively

Healthy Recipes



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THE IMPACT OF STRESS ON FITNESS & WAYS TO MANAGE IT EFFECTIVELY



Effective Workout Routines

Achieve Your Desired Results



Enhances focus and concentration



Stress's Effect on Fitness & How to Manage

HEALTHY RECIPES

Lemon Ricotta Pasta with Tuna

Special Lunch



Natural tuna fish

250 g



Gluten free wholemeal/Lentil pasta

1 medium



Avocado/Olive organic oil

1 tsp



Ricotta cheese

30 g



Squeezed lemon juice

1/2 small



Parmesan

1 small pack



Fresh basil leaves

1 cup



Kosher salt

2 tsp



Red pepper flakes



Raw pumpkin seeds



Espresso

1



PERSONAL TRAINER'S SPOT LIGHT

Flavia Rotaru

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

Starting from my childhood I was always interested and addicted to sports: participating at school/ high school sport activities: such as Romanian national sport, gymnastics, running stadium/marathons, playing basketball for the school team, lap tennis with friends, a.s.o. But the trigger point was when I realized that becoming a personal trainer will challenge me for something else: helping and working with different persons/bodies and achieving their goals.

What is your philosophy when it comes to training customers?

When it comes to training customers, my philosophy needs to be complex, so I combine: Acknowledge, Discipline, Creativity, Perseverance, Connection, Energy & Ambition, Motivation, Inspiration

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

I consider that the most important elements for a successful EMS workout are: History, warm up, motivation, consistency, stretching

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

Every person is different, so implicitly the methods and plans to achieve their goals will be planned differently: they need to be specific, measurable, and achievable.

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

To keep customers motivated and engaged during their workouts I encourage them to always compete with themselves, training together, exchanging good energy, making sure that the workout is also fun and energetic.

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

To stay up to date regarding fitness and EMS, I am trying always to evaluate and observe myself and identify on what I can make adjustments or improvements; I make research based on sport documentaries, studies, books and I also discuss with my colleagues and friends different subjects related to nutrition, fitness/EMS.

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

Hard Work - is the secret.

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

As Nadia Comaneci (first gymnast that was awarded with a perfect score of 10 at the Olympic games) used to say: "Enjoy the journey and try to get better every day. And don't lose the passion and love for what you do."

Are you happy with FAST FIT?

From a scale of 1 to 10, 10 being the highest, I will say.....10!

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

Be aware. My answer may shock you. The answer is very simple: We are already different

TRAINER
FLAVIA ROTARU



#1

“AMAZING RESULTS”

Trainer feedback: I started the journey with D.B. on 11.08.2022 in Narjis branch. At that time, my client's weight was 107 KG. Every workout, every session was fun, active with a lot of discussion about lifestyle, healthy habits. I encourage her to not overstress herself by thinking too much about losing weight, to enjoy the process more and to have patience because good things take time. In the first 2 months she lost 7 kg. After that we moved to the Rabiah branch, we started to train twice per week - step by step, she became more active, we had a purpose, everything had a meaning, until now, for one year, every month we used to track the weight and did measurements. With ups and downs like any journey, at the end, she finally did it!!! After one year, she reached 82 kg. Now her movements during the session are faster, her position and balance are better, her strength has improved and her body shape changed too. She had the strength and courage, she didn't give up! She did everything that she could to reach for what she wanted and it was a lot of hard work and I just want to say that I am proud of her.



Client feedback : A unique experience that completely changed my life and my body became fitter and lighter, thanks to God and then to my wonderful personal trainer, Flavia...who made me a better person and helped me gain my self-confidence again, not only through our sessions together and exercises I did with her, but through her beautiful spirit and wonderful words that motivated me. Now I have a better health, shape and flexibility I always asked for and that's because of her and her patience with me Thank you, my beautiful coach Flavia!

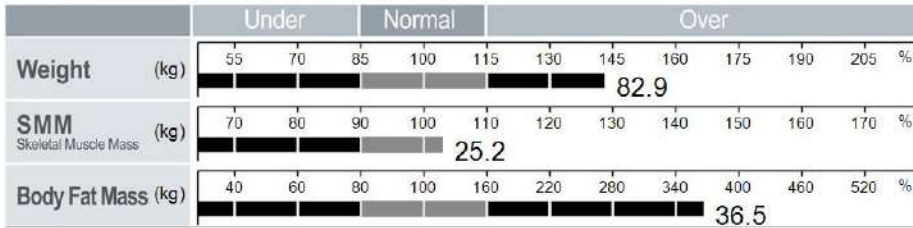


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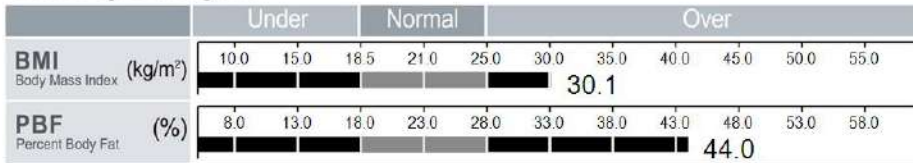
Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	33.8 (29.5~36.0)
For building muscles	Protein	(kg)	9.0 (7.9~9.7)
For strengthening bones	Minerals	(kg)	3.55 (2.73~3.33)
For storing excess energy	Body Fat Mass	(kg)	36.5 (11.6~18.5)
Sum of the above	Weight	(kg)	82.9 (49.2~66.5)

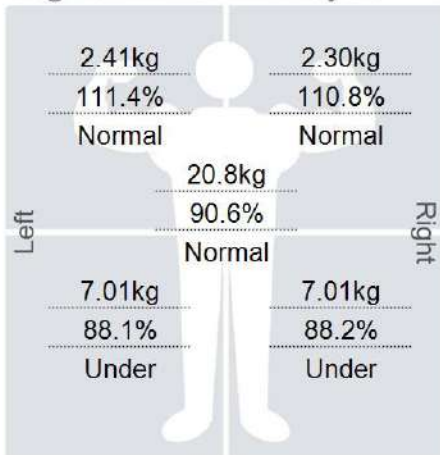
Muscle-Fat Analysis



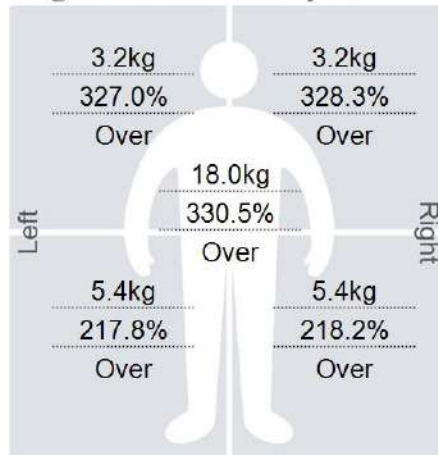
Obesity Analysis



Segmental Lean Analysis

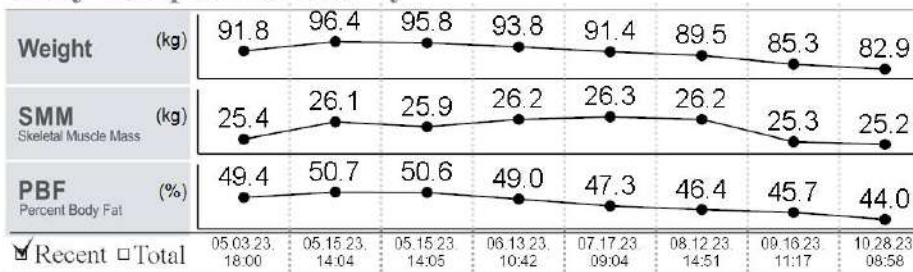


Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History



InBody Score

59/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight	60.3 kg
Weight Control	- 22.6 kg
Fat Control	- 22.6 kg
Muscle Control	0.0 kg

Research Parameters

Basal Metabolic Rate	1372 kcal (1610~1886)
Waist-Hip Ratio	0.95 (0.75~0.85)
Visceral Fat Level	18 (1~9)
Obesity Degree	143 % (90~110)

Results Interpretation

Body Composition Analysis

Body weight is the sum of Total Body Water, Protein, Minerals, and Body Fat Mass.

Maintain a balanced body composition to stay healthy.

Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

Obesity Analysis

BMI is an index used to determine obesity by using height and weight.

PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis

Evaluates whether the amount of muscles is adequately distributed in all parts of the body. Compares muscle mass to the current weight.

Segmental Fat Analysis

Evaluates whether the amount of fat is adequately distributed throughout the body. Compares the fat mass to the ideal.

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

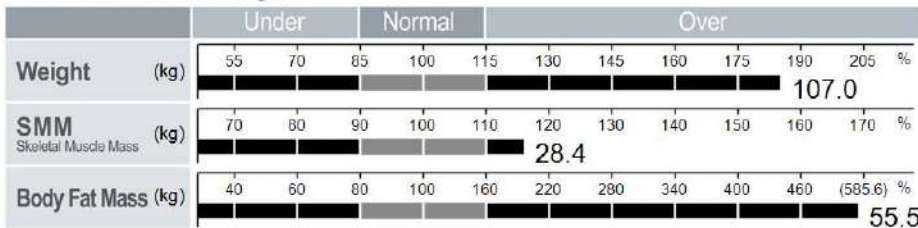
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Z_(Ω) 20 kHz	417.3	415.2	22.5	280.1	280.1
100 kHz	382.2	380.3	20.1	252.3	252.1

Height 166cm	Age 32	Gender Female	Test Date / Time 11.08.2022. 10:13
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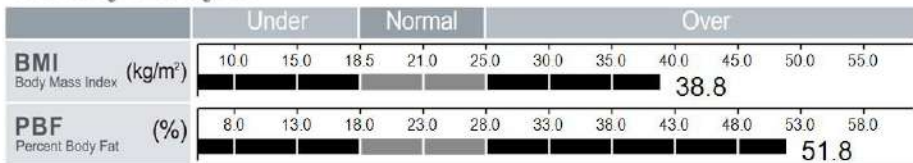
Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	37.7 (29.5~36.0)
For building muscles	Protein	(kg)	10.1 (7.9~9.7)
For strengthening bones	Minerals	(kg)	3.77 (2.73~3.33)
For storing excess energy	Body Fat Mass	(kg)	55.5 (11.6~18.5)
Sum of the above	Weight	(kg)	107.0 (49.2~66.5)

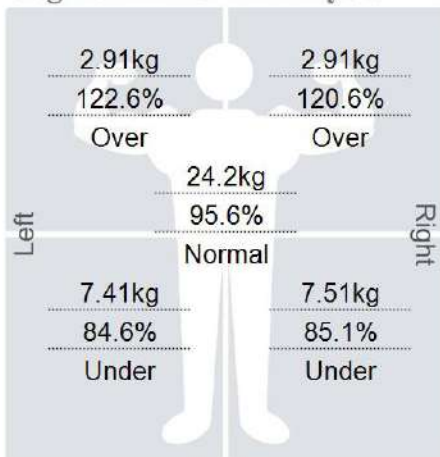
Muscle-Fat Analysis



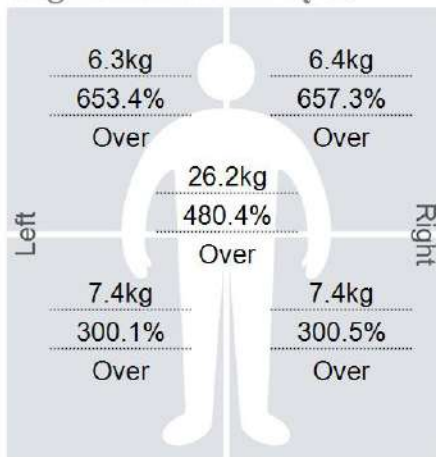
Obesity Analysis



Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

	11.08.22. 10:13				
Weight (kg)	107.0				
SMM (kg) Skeletal Muscle Mass	28.4				
PBF (%) Percent Body Fat	51.8				
<input checked="" type="checkbox"/> Recent <input type="checkbox"/> Total					

InBody Score

46/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight	66.9 kg
Weight Control	- 40.1 kg
Fat Control	- 40.1 kg
Muscle Control	0.0 kg

Research Parameters

Basal Metabolic Rate	1483 kcal (1971~2327)
Waist-Hip Ratio	1.04 (0.75~0.85)
Visceral Fat Level	20 (1~9)
Obesity Degree	185 % (90~110)

Results Interpretation

Body Composition Analysis

Body weight is the sum of Total Body Water, Protein, Minerals, and Body Fat Mass.

Maintain a balanced body composition to stay healthy.

Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

Obesity Analysis

BMI is an index used to determine obesity by using height and weight.

PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis

Evaluates whether the amount of muscles is adequately distributed in all parts of the body. Compares muscle mass to the current weight.

Segmental Fat Analysis

Evaluates whether the amount of fat is adequately distributed throughout the body. Compares the fat mass to the ideal.

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



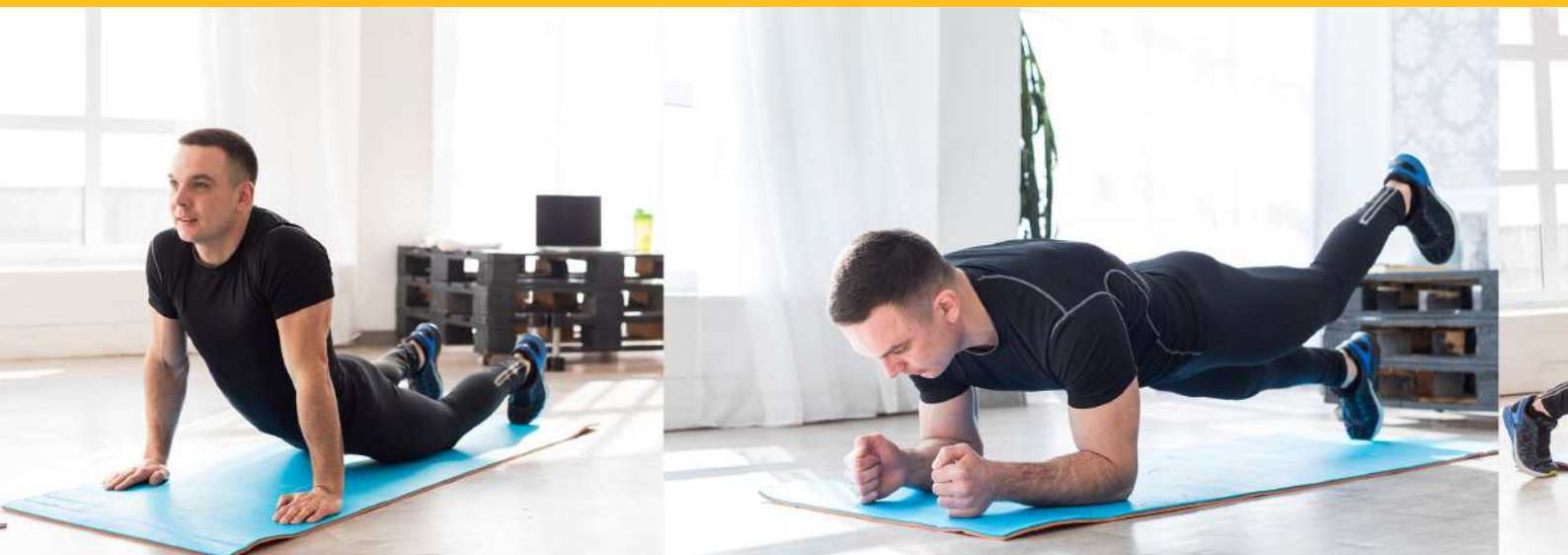
Impedance

	RA	LA	TR	RL	LL
Z_L(Ω) 20 kHz	383.2	376.1	22.6	269.1	272.5
100 kHz	349.1	342.3	19.9	242.4	244.7

EFFECTIVE WORKOUT ROUTINES FOR VARIOUS FITNESS GOALS

ACHIEVE YOUR DESIRED RESULTS

Embarking on a fitness journey requires a well-designed workout routine that aligns with your specific goals. Whether you aim to shed those extra pounds, build lean muscle, or enhance your endurance, understanding the right exercises and training methods is crucial. In this article, we will explore effective workout routines tailored to different fitness goals, including weight loss, muscle building, and endurance.



1. Weight Loss:

Losing weight requires a combination of cardiovascular exercises and strength training. Here's a sample workout routine:

a) Cardiovascular exercises:

Engage in activities like running, cycling, or swimming for at least 30 minutes, three to five times a week. These exercises elevate your heart rate, burn calories, and promote fat loss.

b) Strength training:

Incorporate compound exercises such as squats, lunges, deadlifts, and push-ups into your routine. Aim for two to three sessions per week, focusing on full-body workouts. This helps build lean muscle mass, which boosts your metabolism and aids in weight loss.

2. Muscle Building:

To build muscle effectively, you need to focus on resistance training and progressive overload. Consider the following workout routine:

a) Resistance training:

Perform exercises that target major muscle groups, such as bench presses, shoulder presses, rows, and squats. Aim

for three to four sessions per week, allowing adequate rest between workouts.

b) Progressive overload:

Gradually increase the weight or intensity of your exercises over time. This challenges your muscles and stimulates growth. Incorporate techniques like supersets, drop sets, and pyramid sets to maximize muscle stimulation.

3. Endurance:

Enhancing endurance requires a combination of cardiovascular exercises and high-intensity interval training (HIIT). Follow this workout routine:

a) Cardiovascular exercises:

Engage in activities like running, swimming, or cycling for extended periods, aiming for at least 45 minutes to an hour, three to five times a week. This helps improve cardiovascular fitness and endurance.

b) HIIT:

Incorporate high-intensity interval training into your routine. Alternate between short bursts of intense exercise and active recovery periods. For example, sprint for 30 seconds, followed by a 1-minute jog. Repeat this cycle for 15-20 minutes, two to three times a week.

WORKOUT ROUTINES

Achieving your desired fitness goals requires a well-structured workout routine tailored to your specific objectives. Whether you're aiming for weight loss, muscle building, or endurance, consistency and progressive overload are key. Remember to consult with a fitness professional or trainer to ensure proper form and technique. By following these effective workout routines, you'll be on your way to reaching your fitness goals and enjoying a healthier, fitter lifestyle.



A man with short dark hair and a light beard is sitting in a meditative lotus position on a wooden deck. He is wearing a light-colored t-shirt and dark shorts. His eyes are closed, and his hands are resting on his knees in a mudra. The background shows a white railing and the ocean under a clear sky. The lighting is warm, suggesting late afternoon or early morning. A large yellow rounded rectangle is overlaid on the image, containing the main title in white text.

**THE BENEFITS OF
INCORPORATING
MINDFULNESS
AND MEDITATION
INTO YOUR
FITNESS ROUTINE**

In today's fast-paced world, finding time to relax and unwind can be a challenge. However, incorporating mindfulness and meditation into your fitness routine can provide numerous benefits for both your physical and mental well-being. By combining these practices with exercise, you can enhance your overall fitness experience and achieve a greater sense of balance in your life.

One of the primary benefits of incorporating mindfulness and meditation into your fitness routine is stress reduction. Exercise itself is known to be an effective stress reliever, but when combined with mindfulness techniques, it becomes even more powerful. Mindfulness involves focusing on the present moment without judgment, allowing you to let go of worries and anxieties. By practicing mindfulness during your workout, you can fully immerse yourself in the activity, leaving behind any external stressors.

Moreover, meditation can help improve your concentration and focus during exercise. When you engage in physical activities such as running or weightlifting, it's easy for your mind to wander or become distracted. Regular meditation practice trains your mind to stay focused on the task at hand, enabling you to perform better and achieve optimal results from your workouts.

Another advantage of incorporating mindfulness and meditation into your fitness routine is increased body awareness. Mindfulness encourages you to pay attention to how your body feels during exercise – whether it's the sensation of muscles contracting or the rhythm of your breath. This heightened awareness allows you to make adjustments in real-time, preventing injuries and improving overall performance.

Furthermore, mindfulness and meditation can help cultivate a positive mindset towards fitness. Many people view exercise as a chore or something they have to do rather than something they enjoy. By practicing mindfulness during workouts, you can shift this perspective and develop a more positive attitude towards physical activity. This change in mindset not only makes exercising more enjoyable but also increases motivation and consistency in maintaining a regular fitness routine.

Additionally, incorporating mindfulness and meditation into your fitness routine promotes recovery and relaxation after intense workouts. After pushing your body to its limits, it's crucial to allow time for rest and recovery. Mindfulness techniques such as deep breathing and body scans can help relax your muscles, reduce inflammation, and promote faster healing. By taking the time to unwind and rejuvenate, you'll be better prepared for future workouts and less prone to burnout or overtraining.

Lastly, mindfulness and meditation can enhance the mind-body connection. When you engage in physical activities with a mindful approach, you become more attuned to the signals your body sends. This connection allows you to listen to your body's needs, whether

NUTRITION TIPS & HEALTHY EATING HABITS FOR OPTIMAL FITNESS

Maintaining a well-balanced diet is crucial for achieving optimal fitness and overall well-being. Proper nutrition not only fuels our bodies but also supports muscle growth, aids in recovery, and enhances performance. In this article, we will explore some essential nutrition tips and healthy eating habits that can help you reach your fitness goals.



1. Prioritize Whole Foods:

One of the fundamental principles of healthy eating is to focus on whole, unprocessed foods. These include fruits, vegetables, lean proteins, whole grains, and healthy fats. These foods are rich in essential nutrients, vitamins, and minerals that support overall health and fitness.

2. Balance Macronutrients:

To fuel your body effectively, it's important to consume a balanced mix of macronutrients - carbohydrates, proteins, and fats. Carbohydrates provide energy, proteins aid in muscle repair and growth, and fats support hormone production and nutrient absorption. Aim to include a variety of these macronutrients in each meal.

3. Hydrate Properly:

Staying hydrated is often overlooked but is crucial for optimal fitness. Water plays a vital role in digestion, nutrient absorption, and temperature regulation. Aim to drink at least 8-10 glasses of water per day and increase your intake during intense workouts or hot weather.

4. Portion Control:

Maintaining portion control is essential for managing calorie intake and preventing overeating. Use smaller plates and bowls to help control portion sizes. Focus on eating slowly and mindfully, allowing your body to recognize when it's full.

Achieving optimal fitness requires a holistic approach, and nutrition plays a vital role in this journey. By prioritizing whole foods, balancing macronutrients, staying hydrated, practicing portion control, and making mindful food choices, you can fuel your body effectively and support your fitness goals. Remember, consistency and moderation are key to maintaining a healthy eating pattern for long-term success.

5. Eat Regularly:

Skipping meals can lead to energy crashes and poor food choices. Aim to eat regular, balanced meals throughout the day to keep your energy levels stable and prevent overindulgence. Include healthy snacks between meals to curb hunger and maintain steady blood sugar levels.

6. Include Lean Proteins:

Protein is essential for muscle repair and growth. Include lean sources of protein such as chicken, fish, tofu, beans, and Greek yogurt in your meals. Distribute protein intake evenly throughout the day to optimize muscle synthesis.

7. Prioritize Nutrient-Dense Foods:

Opt for nutrient-dense foods that provide a high amount of vitamins, minerals, and antioxidants per calorie. Examples include leafy greens, colorful fruits and vegetables, nuts, seeds, and whole grains. These foods not only support overall health but also aid in recovery and reduce inflammation.

8. Limit Added Sugars and Processed Foods:

Excessive consumption of added sugars and processed foods can hinder your fitness goals. These foods are often high in calories, low in nutrients, and can lead to weight gain and energy crashes. Opt for natural sweeteners like honey or opt for whole fruits instead.



Stress has become an inevitable part of our modern lives, affecting us physically, mentally, and emotionally. When it comes to fitness, stress can have a significant impact on our overall well-being and hinder our progress towards achieving our fitness goals. However, by understanding the effects of stress on our bodies and implementing effective stress management techniques, we can maintain a healthy balance and optimize our fitness journey.

Firstly, it's important to recognize how stress affects our physical health. When we experience stress, our bodies release cortisol, commonly known as the "stress hormone." Elevated levels of cortisol can lead to increased appetite, particularly for unhealthy foods high in sugar and fat. This can result in weight gain or difficulty losing weight, which can be frustrating for those striving to improve their fitness levels. Moreover, chronic stress can weaken the immune system, making us more susceptible to illnesses and injuries that can disrupt our exercise routine.

Stress also takes a toll on our mental well-being. It can lead to feelings of anxiety, depression, and mood swings – all of which can negatively impact motivation and during workouts. Additionally, stress often leads to poor sleep quality or insomnia, further exacerbating these mental health issues. Lack of sleep not only affects cognitive function but also hampers muscle recovery and growth after exercise.

To effectively manage stress and its impact on fitness, incorporating certain strategies into your routine is crucial. One of the most effective methods is regular exercise itself. Engaging in physical activity releases endorphins – chemicals in the brain that act as natural mood boosters. Exercise also helps reduce cortisol levels and promotes better sleep patterns. By making exercise a priority in your daily routine, you can combat the negative effects of stress while simultaneously improving your fitness levels.

Another powerful tool for managing stress is practicing mindfulness and meditation. Mindfulness involves being fully present in the moment without judgment or attachment to thoughts or emotions. By incorporating mindfulness techniques into your fitness routine, such as focusing on your breath or paying attention to the sensations in your body during exercise, you can reduce stress levels and enhance the mind-body connection. Meditation, on the other hand, allows you to quiet your mind and find inner peace. Regular meditation practice can help alleviate anxiety and promote a sense of calmness, making it easier to cope with stressors that may arise throughout the day.

In addition to exercise and mindfulness, adopting healthy lifestyle habits can significantly impact stress management.




THE IMPACT
OF STRESS ON
FITNESS & WAYS
TO MANAGE IT
EFFECTIVELY



Special Offers

For the Month of November

- **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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