



ADVANTAGE SPORTS UAE

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# INVEST IN YOU



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# Hello!



Welcome to my monthly educational book. This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, **"When the student is ready, the teacher will appear."**

And you are ready! That's why you are reading this!

# Testimonials



I can highly recommend Maria Inglis team, I'm training with one of her PTs and I have lost 2 stone since November! I can honestly say that the professional approach, injected with humour, allows the sessions to be tough but fun. I have not reached my goal yet, but I will reach it months earlier than I had expected! Happy to answer questions if you have them. Thanks Maria! #endorsedwithpleasure

Cathy

I absolutely recommend coaches mentioned by Maria. They worked with me for over two years. He really knows his stuff and is both friendly and very patient! He is also knowledgeable in working with postpartum issues such as diastasis recti (separation of the abdominal muscles) and nutrition issues.

Deirdre

Advantage Sports TRX Class makes a change from the boring gym!! I need to be pushed to limits and found the group great, different people with different levels of fitness but not competitive or intimidating! Loved it!

Chantelle

I really like all my workouts .... Fantastic!! Thank you Maria

Roxana



I am so lucky that I have found Advantage sports website! Leila is an incredible and patient teacher; she make me comfortable and motivated in every class! Her kind-hearted personality makes each session fun and allows me to feel comfortable in her practices, she gives me the chance to take my yoga to another level, she's fantastic!

Ayesha

If you don't try you will never know. Best training trainers I ever met. They are amazing and tailor your workout according to your body requirements.

Susan

Great company, fantastic trainers, can't recommend them highly enough.

Nicola

I would like to thank Maria for organizing a Trainer to come to my home to continue my rehabilitation physiotherapy started by the hospital. So far the exercises using the TRX have been varied and not overly taxing at the time, I do know all about them later and take it really easy for the rest of the day - but my range of movement is improving slowly, and pain levels are slightly down - both of which are a wonderful bonus. If anyone looking for a personal trainer give these guys a chance to prove themselves to you.

Jacqueline



I'd like to thank all the team at Advantage Sports. I use Advantage Sports a lot! I have a personal trainer, and he is fantastic. I had a hip injury which other supposed trainers made worse. My hip is great, I am stronger and much fitter. It is obvious that he really knows what he is talking about and makes workouts enjoyable, but tough enough to keep pushing you to new levels. Thanks to Maria and the whole Advantage Sports team!

Sandi

Advantage Sport has been coaching me in the Masdar classes for over 6 months and I thoroughly enjoyed every single session as they are always fun, tiring and very rewarding physically. My PT is a very nice, respectful and professional trainer. He knows how to push you the limit and always try to make every class different and never boring. I have improved significantly the last months thanks to his hard working classes and I am looking forward to becoming even stronger in the future.

Genevieve

Just wanted to let you know I have completed my 12 sessions with my trainer. She is an amazing trainer; she knows when to push you and when to let go. Thank you so much for sending her. I was on 111kg and now I am 95kg ... just following her guidance.

Urooj

# Get in touch



## Advantage Sports UAE

Visit [www.advantagesportsuae.com](http://www.advantagesportsuae.com)

Email [maria@advantagesportsuae.com](mailto:maria@advantagesportsuae.com)

[info@advantagesportsuae.com](mailto:info@advantagesportsuae.com)



# Invest in You

*“A man who knows the price of everything and the value of nothing.”*

**Oscar Wilde**

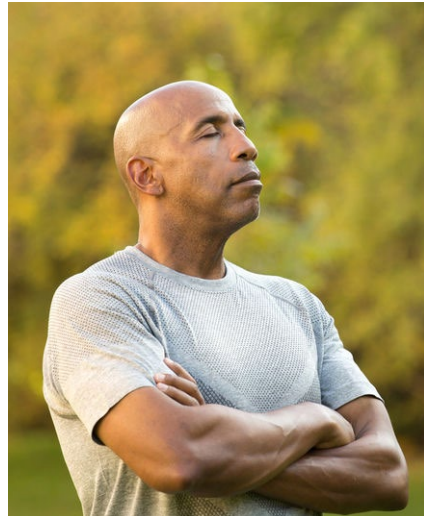
If you are lucky enough to have a new Bank of England £20 note in your pocket, you will love its shiny, crisp feel. Your wallet may contain the old moth-eaten notes that are soon due for retirement. They may well be ripped, torn and crumpled, yet despite how your £20 note may look, it still holds the same value as the new note!

What value do you place on you?

No matter how hard life has treated you, and no matter how tired and frayed you may feel, you are still valued. The daily struggles can take their toll and over the years these may form limiting beliefs that are reinforced daily by our words and our actions.

How often have you skipped a meal as there is 'no point cooking for one'? Or watched people exercise and believed that it wasn't 'your thing'? What about taking time out to unwind, or is that just for others less busy than you to do?

You will never live the life you wish to live if your belief is that it is for someone else, not you. These collective beliefs form a negative consciousness, which can prevent our wealth/health prosperity. But all is not lost, as once you have become aware of what needs to change, you can set to creating a positive wealth/health consciousness.







**How happy are you with your health prosperity?**

**What prevents you from investing in your health and wellbeing?**

Picture yourself later on in life, still physically active and mentally alert, fully taking part in hobbies and pursuits. What experiences and investments would your body have received to create your imagined older self? Whatever you show your body today will affect your body tomorrow. In order to prepare for your future tomorrows, it is vital that you act now and seek to readdress the imbalances in your life.



**TASK:** As children we would have looked up to sports stars or pop idols and aspired to follow in their footsteps. As we age, we often forget the power that positive role models can have. As you go about your day, take note of the active older generation, make them your teachers or your role models, let them motivate you to work on your flexibility, health and outlook on life. Look for someone who encapsulates youthfulness and vibrancy and pick them as your inspiration.

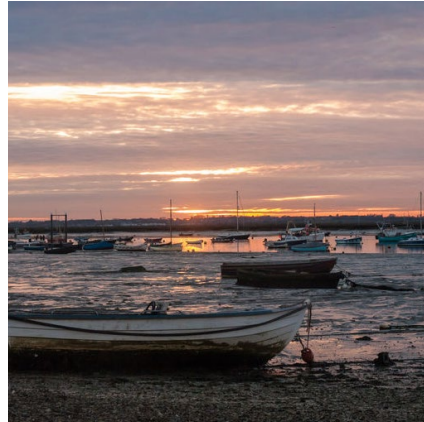
Overcoming denial, suppressed thoughts and a reluctance to change can be extremely difficult, but with the support of friends and the inspiration of great role models, it can be achieved. Positive change occurs when you **Invest in You**.

Investing in yourself can be the most profitable investment you will ever make. It yields not only future returns, but often a current pay-off as well. No improvement in your life will come about automatically without you working at it. If you desire a better life, then it's imperative that you work on it.



## Invest in your Health

Working and saving might provide you with a comfortable retirement, but if you are not healthy enough to enjoy it or don't live long enough to see it then it's a life wasted. Just as the only constant in life is change, there is no hiding from the fact that as the sun sets each day, we are one day older. However, with each passing day we have a chance to either improve or neglect our health. Think of your body as a machine that requires daily care and attention. Make healthier food choices, do something every day that raises your heart rate, even if it's just walking the dog, and learn to relax and slow down. Too much stress can have a negative impact on your life, impacting on your sleep patterns and decision making, which in turn may open the doors to caffeine and alcohol to stimulate and suppress.



Care for your body, it's the only one you have. Or as Baz Luhrmann encouraged in the 'Sunscreen' song *"Enjoy your body. Use it every way you can. Don't be afraid of it, or what other people think of it. It's the greatest instrument you'll ever own."*

To keep your body like a well-oiled machine, it's vital that it receives the proper care and attention. This is not a short term fix, there is no magic potion, but by adopting the following key essentials and letting them form the blueprint for your life from now on in, you will in the words of Dr Spock, "live long and prosper."



### **Healthy food choices**

What you eat has a significant impact on your energy levels and your ability to perform, fight off illness and infection and stay vibrant. You truly are what you eat.

### **Exercise**

Exercise is key to a healthy body and healthy mind, try and find a balance between cardio, strengthening, mobilising and rest. Be gentle to your joints, show them the movement ranges they should be able to perform with ease.

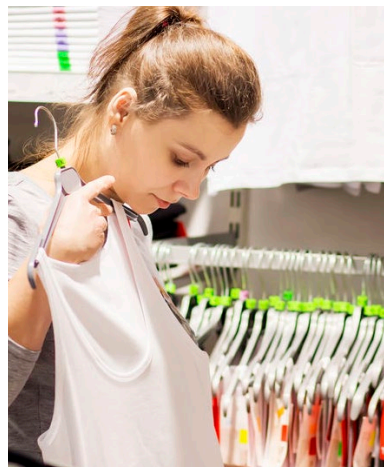
Be kind to your heart, it's the most important muscle you possess, it needs to be exerted, but also requires time to recover. Rest, recoup and relax. Slowing down takes pressure off you and your body's systems. Your body will thank you and consequently your performance will improve.

### **Sleep well**

Poor sleep is linked to lack of concentration, weight gain, depression, suppressed immune system and inflammation. Whereas those who sleep well have higher levels of concentration, perform better and overall consume fewer calories. Sleep, along with nutrition and exercise, form the foundation of optimal health. If you fail to take care of your sleep, that optimum becomes significantly harder to achieve.

### **Invest in your Appearance**

You do not have to race out and buy a whole new wardrobe but taking pride in your appearance will make you feel so much better. How you feel about yourself is often reflected by what you wear and how you wear it. Dr Jennifer Baumgartner, author of 'You Are What You Wear – What Your Clothes Reveal about You', goes one step further, suggesting that they are manifestations of deeper life issues. Dr Baumgartner helps readers identify the psychology behind their choices, helping them develop a personal style that suits their identity whilst making positive changes in other areas of their lives.





### **Invest in your Knowledge**

Expanding your knowledge and skill set isn't just restricted to the world of work and business. There are many "skill investment" routes to explore. Learning new things and keeping your mind active even in simple ways helps to grow and maintain your mental ability. Investing your time in reading, exploring, keeping your mind active as well as open, will enrich your life and access new horizons.

### **Invest in your Creativity**

We all have the potential to be creative and within us all there is a fountain of creativity which may never have been explored. Creativity, in any shape or form, can help us to grow as individuals and as professionals. It has the potential to provide us with the insight to view problems and solutions in diverse ways, engaging under-utilised areas of our mind that have laid dormant since early years.

Awaken your creative side by learning a new language, enrolling on a course or taking up a new hobby. Writing in a daily journal, gardening or enjoying music will all contribute to cultivating your creativity. It is vital to remember that creativity has many facets and can be easier to tap into than you think. It's not just about picking up a paint brush or sketching in a book. Spending time in nature, gardening, bird watching, landscape photography, cooking, listening to music, learning to play an instrument, or simply writing in a journal, are just some of the things you can do to get the creative juices flowing.

When you invest in yourself, you not only open the doors to change in your life and your well-being, but you also awaken the ability to flourish, perform and reach your potential. The extent to which you invest in your mind and body and self-development, not only impacts on the way you connect to the outside world, it may also unveil your true feelings towards yourself. There is a mine of creativity within us all that has yet to be unearthed or has yet to be used to its highest potential. Maybe now is the time to scratch beneath the surface to unearth and hone your individual creativity.



### **Invest in your Relationships**

Even from the early days in the school playground, friendship has immense importance which, as we journey through life, gains greater significance. Humans need relationships, connections, and the support they extend. There will always be days when we need a little solitude, but at the very core of our DNA is our need to be and feel part of a community.

To have great friends you must first be a great friend, more selfless than selfish, more supportive than undermining and have great sympathetic and empathetic traits. But finding wonderful, high quality people to be friends with and working at the friendship and keeping the connection will be one of the best investments you make. Friendships can bring great joy, inspiration, wisdom, emotional support, adventure, love and be that 'safe space' when needed most of all.

Finally, one of the simplest investments you can make that can have a dramatic impact on your life, is to practice gratitude. In our busy lives, we are prone to take so much for granted and allow the negativity to become overwhelming. Practicing gratitude can be as easy as writing down three things you are grateful for at the end of the day before you go to bed. They don't have to be world changing – but the very act of acknowledging them will over time help you see things differently. Investing in yourself today will help you tomorrow. No matter what you do for yourself, whether studying, training, relaxing or spending time with good friends, it will always create benefits in the future.

*“Investing in yourself is the best investment you will ever make. It will not only improve your life; it will improve the lives of all those around you.”*

**Robin S. Sharma - 'The Monk Who Sold His Ferrari'\***

\*A Fable About Fulfilling Your Dreams and Reaching Your Destiny