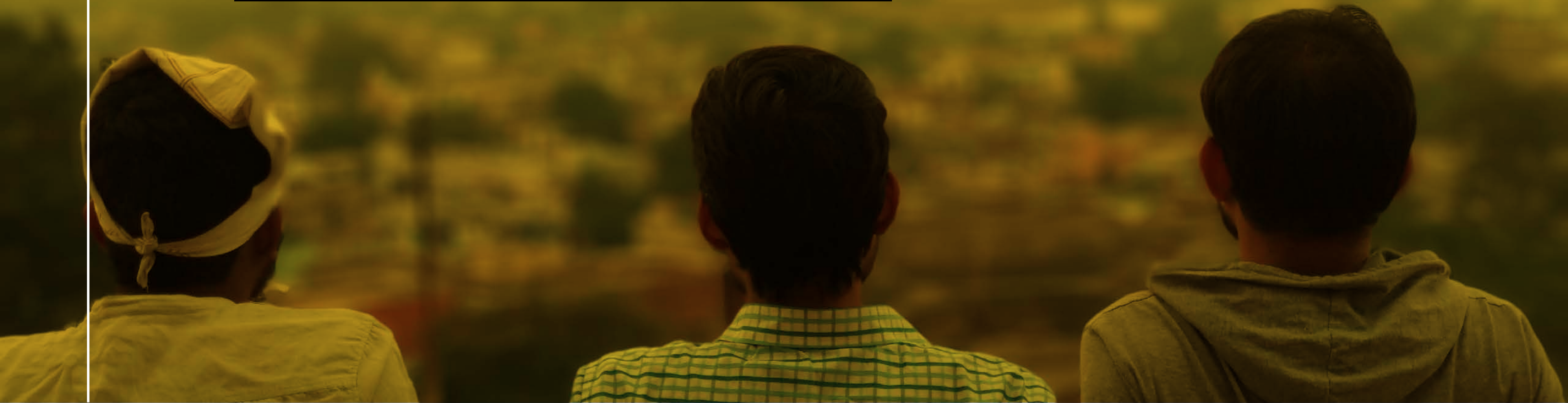




WELLBEING WORKSHOP





KEYS TO SUCCESS

Take care of your mind and body to succeed on and off the pitch

Nutrition

**Physical
health**

**Mental
health**



THE BEST INVESTMENT
YOU CAN EVER MAKE IS
IN YOUR OWN HEALTH





THE GESCH EXPERIMENT

In a British prison, 231 men between the ages of 18 and 21 were divided into two study groups. One was given nutritional supplements along with their meals, the other group placebos.

Prisoners given supplements for four consecutive months committed an average of 26% fewer violations compared to the preceding period. For serious breaches of conduct, particularly the use of violence, the number of violations decreased 37%.

Those given placebos showed no marked change in behaviour.



KEYS TO SUCCESS: NUTRITION

When you talk about a LIFESTYLE: A way of living

Importance of NUTRITION: the foods we eat provide energy for life





EAT THE RIGHT KIND OF FOOD **TO STAY ALERT AND FEEL GOOD**



DISCUSSION POINTS

- Making smart food choices
- Avoiding processed foods
- Interactive – demonstration and discussion on different foods and options
- Sugar
- No substitute for water
- Food tips
- Importance of not overeating
- Importance of sleep

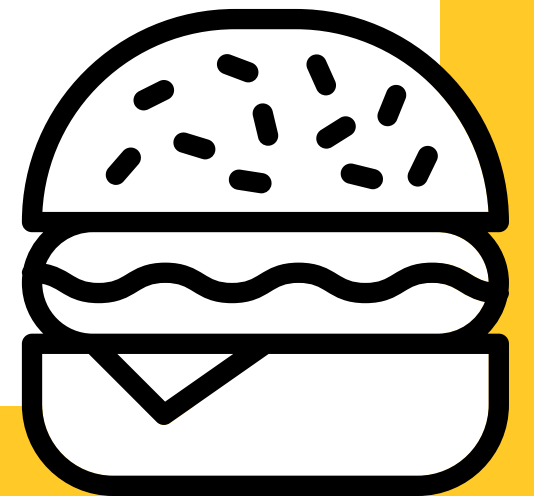


MAKING SMART FOOD CHOICES



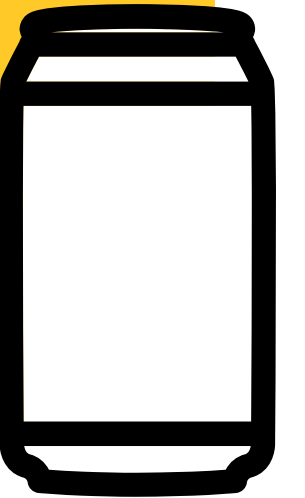


AVOIDING PROCESSED FOODS



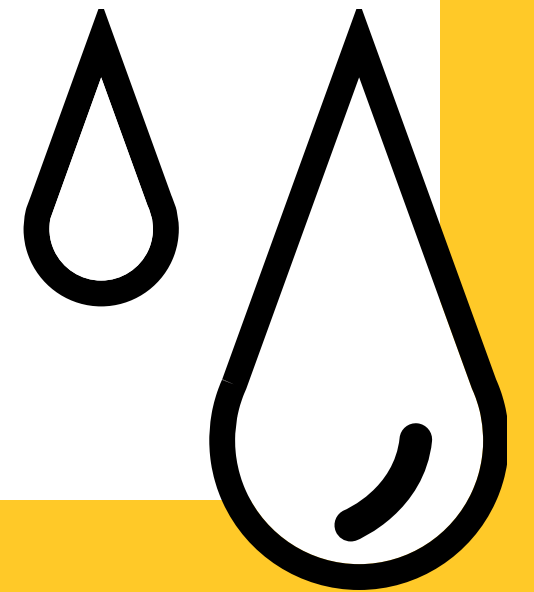


HIDDEN SUGARS





NO SUBSTITUTE FOR WATER





THE IMPORTANCE OF NOT OVEREATING





FOOD SWAPS

Let's compare ingredient options

Breakfast cereal

Porridge

Ready meal

Homemade rice noodles and stir fry chicken

Sweetened fruit yogurt

Natural yogurt with added honey and fruit

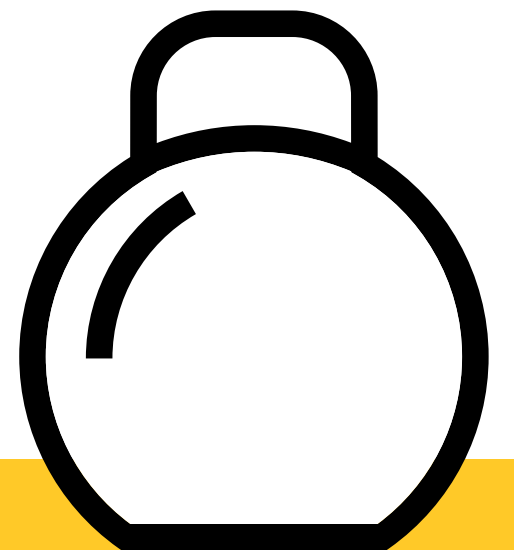


KEYS TO SUCCESS: PHYSICAL HEALTH

Importance of exercise

Messenger of Allah saying:

“A strong believer is better than a weak believer (in terms of faith and character, but most importantly in terms of health and wellbeing) ”





KEYS TO SUCCESS: MENTAL HEALTH

Importance of sleep

- Regeneration
- Repair
- Melatonin
- Decrease of stress hormones





5 BEFORE 5

**The Prophet (PBUH) advised to:
Take advantage of five matters before five other matters**

1

Your youth, before
you become old

4

Your free time, before
you become busy

2

Your health, before
you fall sick

5

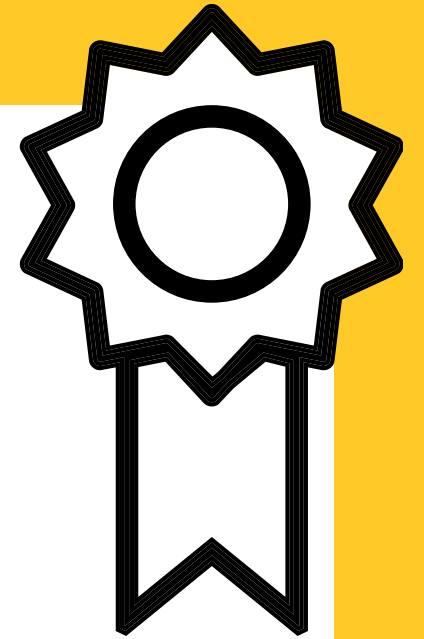
Your life, before
your death

3

Your richness, before
you become poor



EAT CLEAN
EAT LITTLE AND OFTEN
HYDRATE
RECOVERY
MINDSET





THANK YOU

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