



habits
make a good one now

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Healthy Living is about making healthy choices every day, which keeps us happy and physically fit. Eating well, being physically active, having a relaxing massage, or even preventive physiotherapy, if needed, are HABITS services which will make you enjoy a happy and healthy lifestyle.



Since HABITS started in 2013, its main goal was and still is to encourage and assist people in increasing their self confidence by promoting a healthy lifestyle through different wellness services, provided by qualified and certified professionals. These professionals not only believe in their mission, but are fully dedicated to educate and assist in shifting our clients' lifestyle to the better.

HABITS believes in improving and facilitating clients' wellness services. To do so, a software was developed, where the client can communicate with the professional to check his or her progress, book sessions, take advantage of available promotions and new packages among other features.



HABITS believes in the life style journey, wellness, challenges, partnership, sharing, educating, learning, empowering, love, simplicity, resilience, compassion, understanding, peace, respect, teamwork, ...

HABITS was created to unify the three dimensions of a human being: \\ BODY, MIND & SOUL \\



BE A NEW YOU!!

FITNESS

There are five simple ways for you and your family to lead a healthy lifestyle and get back on track:

- Spend more time with your loved ones.
- Get more active each day.
- Be resilient! Create positive thoughts.
- Forget about crazy diets! Start the first step of a new journey on the track of healthy eating habits.
- Breathe! Make time for yourself and your dreams.

These are only five simple, however, challenging ways to start your new journey this year, but of course, there are many more things that could be added to the above list. Be creative and add your own.

HABITS Trainers will help you get the best results in the least time possible. In a space where all facilities needed are available, the personal trainers will motivate and encourage you and make sure that you reach your fitness goals successfully.

Independent of the program you choose, the trainer can tailor a program for your specific body needs and will set goals for you to achieve.

What is a healthy lifestyle?

A Healthy lifestyle, principally means living life to its fullest, where physical, emotional and spiritual health are satisfied and balanced.

Let us start with the physical part, those who need a personalized program for their specific needs and goals, or desire individual motivation, attention and feedback, or have reached a plateau and would like to enhance their performance, should be asking for HABITS Personal Training (PT), Yoga and Pilates services.



HABITS PT, Yoga and Pilates Services, as well as all its wellness services, are delivered at the comfort of your home or gym.

HABITS also provides fitness services in semi-private classes. A client with up to five of his/her friends or family members, can enjoy Semi-Private Yoga or Pilates sessions at their private gym or home. This activity will bring the family or friends together for a wellness gathering in a friendly, competitive, but fun atmosphere where everybody will be content.

Pilates & Yoga are activities that will inspire you to reconnect with yourself and start learning more about your limits and capacities.



NUTRITION



IMAGINE HOW MUCH BETTER YOUR LIFE WOULD BE IF YOU HAD ABUNDANT ENERGY, STABLE MOODS, A FASTER METABOLISM AND GOOD HEALTH!?!?

HABITS Nutrition Service has a variety of features to help and educate the client to attain these objectives and vitality from the inside out.



WE KEEP IT SIMPLE!... WE MAKE YOUR DESIRES COME TRUE THROUGH OUR NUTRITION SERVICES PROGRAM, WHICH WILL GET YOU THERE!

InBody Test and Diet Program

Bodies differ from one person to the other. A certain diet works perfectly for one person but may fail to achieve the same results for another, even if it was a sibling or even a twin! The InBody Machine provides accurate body composition, which enables the dietitian to offer the most suitable Diet Program.

Kitchen Makeover

Following the InBody and Diet Program phase, and in order to achieve the goal in the least time possible, the Kitchen Makeover is essential. This service, will provide the client and the entire family with healthy substitutes to numerous products in the kitchen pantry. The dietitian and the client will together explore the content of the kitchen pantry, allowing the dietitian to suggest replacements for less healthy products with healthier ones.

Supermarket Tour

Now that the client knows what products need to be replaced in the kitchen. The Dietitian will accompany the client in an educational Tour in the Supermarket, where the client will be introduced to different products that best suit his/her diet program, and make healthier choices in purchasing products for the client and his/her family.

Nutrition Lessons

HABITS has a variety of Nutrition lessons that will help the client in leading a healthier lifestyle. Lessons vary from healthy methods of food preparation to smart substitutions of recipes, to food safety methods. Healthy cooking lessons are also available upon request. So, what are you waiting for?!

Fitness & Nutrition Program Plan (FNP)

At HABITS, we believe in integration, which is the reason why the FNP Plan was developed. The FNP Plan provides an integrated and complete service that combines Personal Training with Nutrition Services in order to generate a program that guarantees the fastest way for a client to achieve his/her objectives.

WE ARE HERE TO HELP YOU ACHIEVE A HEALTHY LIFESTYLE! CALL US!!

*live
Healthy.*

PHYSIOTHERAPY



Physiotherapy is a physical medicine and rehabilitation specialty that promotes mobility, function, and quality of life through examination, diagnosis, prognosis, and physical intervention by using mechanical force and movements.

HABITS adopted physiotherapy since it is a wellness service. HABITS physiotherapists, like all other professionals, are certified and highly qualified to provide the client with a variety of treatment techniques that can improve physical health and - in the long run - decrease the possibility of being subject to injury or illness, which is Preventive Physiotherapy.

Physiotherapy helps people with an injury, illness or disability through exercise, manual therapy, education and advice. It maintains health of all ages, helping patients manage pain and prevent future injuries.

HABITS Physiotherapists are ready to serve you at home. The physiotherapist will give you a physical assessment in the comfort of your home and provide the therapy that best suits your condition.

MASSAGE



THINK ABOUT THE MOST RELAXING AND SOOTHING EXPERIENCE YOU CAN HAVE AT THE COMFORT OF YOUR HOME . . .

Definitely massage will be the answer, especially that it is with a certified and qualified Lebanese professional.

HABITS Masseuse will provide the massage bed, towels and a variety of aromatic and therapeutic oils for the client to choose from. These soothing oils along with the relaxing massage, will improve your blood circulation and help rejuvenate your body and soul.

HABITS
HEALTHY
KITCHEN



LOW FAT HEALTHY MEXICAN AVOCADO SALAD

Yields: 2 servings
Calories/serving: 280Kcal

INGREDIENTS:

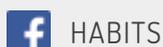
- 1 avocado
- 2 tbsp frozen (thawed), fresh or canned corn
- ¼ cup plain fat free Greek yogurt (Labneh)
- ½ jalapeno, seeds and ribs removed (or included, if you like a kick!)
- 1 roma tomato, seeds removed and finely minced
- 1 tbsp shallot, minced
- Juice of 1 lime
- 2 tbsp culantro, finely minced
- 1 skinless boneless chicken breast, grilled or baked and finely diced.
- Salt and pepper to taste.

DIRECTIONS:

1. In a medium bowl, scoop out the avocado and mash coarsely. Add in the yogurt, tomato, lime juice, corn, jalapeno, shallot, culantro and diced chicken. Stir until well combined, then season with salt and pepper, to taste.
2. Scoop the chicken salad into the avocado halves and enjoy on its own for a low carb lunch. You can also scoop it into pita pockets or smear on sliced bread for a heartier main.

**CALL OUR OFFICES NOW TO BOOK YOUR SESSIONS
AND SAVE THE HEALTH OF YOUR LOVED ONES !**

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WELCOME TO 2017
The year where all dreams come true!!

Habits... make a good one now!!