

Fitness Fundamentals

Workout Types

Cardio	Improves cardiovascular health. Examples: running, swimming, cycling.
Strength Training	Builds muscle and strength. Examples: weightlifting, bodyweight exercises.
Flexibility	Enhances range of motion. Examples: stretching, yoga.
HIIT (High-Intensity Interval Training)	Short bursts of intense exercise followed by brief recovery periods.
Pilates	Focuses on core strength, flexibility, and body awareness.

Warming Up & Cooling Down

Warm-up: Prepares muscles for exercise, reducing injury risk. Include dynamic stretches like arm circles and leg swings. Duration: 5-10 minutes.
Cool-down: Allows heart rate to gradually return to normal. Include static stretches, holding each for 20-30 seconds. Duration: 5-10 minutes.

Exercise Frequency & Duration

Cardio	150 minutes of moderate-intensity or 75 minutes of vigorous-intensity per week.
Strength Training	2-3 times per week, targeting all major muscle groups.
Flexibility	Daily or at least 3 times per week.

Nutrition Essentials

Macronutrients

Protein	Essential for muscle repair and growth. Sources: meat, poultry, fish, beans, lentils.	Recommended intake: 0.8 grams per kg of body weight.
Carbohydrates	Primary energy source. Sources: grains, fruits, vegetables.	Choose complex carbs over simple sugars.
Fats	Important for hormone production and nutrient absorption. Sources: avocados, nuts, olive oil.	Opt for healthy fats like unsaturated fats.

Micronutrients

Vitamins	Essential for various bodily functions. Get them from a varied diet or supplements.
Minerals	Support bone health, nerve function, and more. Examples: calcium, iron, potassium.

Hydration

Drink at least 8 glasses (2 liters) of water per day. Increase intake during exercise and hot weather.
Signs of dehydration: thirst, dry mouth, headache, fatigue.

Beauty & Skincare

Basic Skincare Routine

1. Cleanse: Wash your face with a gentle cleanser to remove dirt and oil.
2. Tone: Balance your skin's pH levels.
3. Moisturize: Hydrate your skin to keep it supple and prevent dryness.
4. Protect: Apply sunscreen with at least SPF 30 every morning.

Skin Types

Oily	Shiny appearance, prone to breakouts. Use oil-free products.
Dry	Flaky, tight feeling. Use hydrating and moisturizing products.
Combination	Oily in the T-zone (forehead, nose, chin), dry elsewhere. Use products for both oily and dry skin.
Sensitive	Easily irritated. Use gentle, fragrance-free products.
Normal	Balanced, not too oily or dry. Maintain with a simple routine.

Sun Protection

Apply sunscreen with SPF 30 or higher daily. Reapply every two hours, especially after swimming or sweating. Seek shade during peak sun hours (10 AM - 4 PM).

Lifestyle Integration

Sleep

Aim for 7-9 hours of quality sleep per night. Establish a consistent sleep schedule. Create a relaxing bedtime routine.
Avoid caffeine and alcohol before bed. Make your bedroom dark, quiet, and cool.

Stress Management

Meditation	Reduces stress and improves focus.
Deep Breathing	Calms the nervous system.
Yoga	Combines physical postures, breathing techniques, and meditation.
Hobbies	Engage in activities you enjoy to relieve stress.

Mindful Eating

Pay attention to your food and how it makes you feel.
Eat slowly and savor each bite.
Avoid distractions while eating.