



Newsletter

January 2023

Edition 8

A community wellbeing initiative.

LiveWell with

NAKHEEL

**Balance
Nourish
Move
Relax
Evolve**

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Hello everyone,

Welcome to 2023! We are back and raring to go with exciting things to look forward to in the year ahead. With renewed commitment, we hope you will continue to stand with us as we consolidate our efforts into helping our residents elevate their well-being.

Holidays are behind us now and the New Year is a time of hope and promise for our families and our communities. This issue includes some helpful reminders of healthy goals and friendly support toward reaching and achieving a healthier you!

A healthy lifestyle is quintessential, regardless of age, class, or colour. This is because today many individuals have become less active since they are constantly glued to their ubiquitous screens. **Family Lifestyle Month** in January is an inspirational month that can transform your family's lifestyle. The good news is that you will have the entire family to support you!

Livewell with Nakheel Wellness Festival is a celebration of all aspects of the health and wellness industry - **Balance. Nourish. Move. Relax. Evolve.**

Community and conviviality together are key to Nakheel Community Management. On 28 January 2023, the first of many LiveWell with Nakheel Wellness Festivals comes to life at District One, Mohammed Bin Rashid City together with LiveWell with Nakheel Co-curator Irina Sharma. We will kick off with yoga at 7:30 AM along with activities for children, teens, and adults. You can explore and experience therapies, talks, workshops, kid's activities and a lot more.

Follow us for more updates on **@NakheelCommunities** or www.livewell.nakheelcommunities.com

#letsgethappytogether #livewell

Much love,
LiveWell with Nakheel Team

How to Turn Healthy Behaviours into Habits

Developing healthy habits is not a matter of white-knuckling your way through difficult things. It's about automating what's good for you. From a body of behavioural science research, we know that people who are good at locking in habits succeed in three areas: reward, repetition, and context. The ins and outs of behaviours change, and this three-pronged approach helps make habits stick.

Reward

Early on in practicing a behaviour, it is important to make sure that the actions you're trying to establish as a habit are enjoyable. That's the way we are built. We tend to repeat things that are rewarding. It doesn't have to be an actual tangible reward—it could be as simple as enjoyment or pride in what you are doing.



Repetition

Effective habit formation is not about doing one-off activities to get you closer to your desired outcome, but about finding one behaviour that aligns with your goals and sticking to it. To establish routines that are automatic and easy to repeat, you must repeat the same behaviour. Consistency is key.

Context

In habit formation, context essentially means setting yourself up for success. Your environment should make it easier to maintain the habit you're trying to form. Keep the tools you need in the places you need them. Use them at a consistent time or in a consistent order. Practicing mindfulness is great for adults and children. An early start to exercise and meditation helps children form greater bonds within their brain, aids focus and regulates their feelings better.

Tip: One way to easily promote mindfulness activities is by practicing them as a family. Better still, try and adopt a green habit like composting.



Why compost?

Take this route and your food scraps turn into soil-enriching humus, which reduces overall waste, nourishes plants, and even re-absorbs harmful carbon-based compounds from the atmosphere. If you don't do it, your food scraps can get stuck in a landfill where they can't break down properly, and as a result, they emit methane into the air and contribute to climate change.

How to get around composting?

You can start today by collecting your food scraps in a bin that you can keep on your countertop for easy access. You can also compost in your backyard in a simple box or pile. Or you can invest in an automated compost tumbler or a compost bin that's biodegradable. The bamboo bins are a green pick.

Remember - a planet-helping habit is a good habit. A smaller carbon footprint is a reward in itself, not just for yourself but for your community.

A Healthy Start Alkaline Soup



Alkaline diets have been quite the fad and this soup recipe will help you avoid excess acidity in your body and is a nutritious addition to your weekly menu.

Ingredients

Water/organic vegetable stock	1 litre
Potato (peeled, roughly chopped)	1 medium-sized
Carrot (peeled, roughly chopped).....	1
Parsnip (peeled, roughly chopped)	1
Turnip (peeled, roughly chopped)	1
Celery stalk (roughly chopped)	1
Onion (roughly chopped).....	1
Cream	200ml
Rock/sea salt	as per taste

Method

In a large saucepan, bring water or stock to a simmer and add the veggies to the pan. Boil for about 15 minutes or until the vegetables are soft. Turn off the heat and ladle them carefully into a blender and add the cream and salt to taste. Blend them into a puree and garnish.



January's pick

The pretty persimmon

A seasonal favourite – this winter fruit resembles a tomato. Persimmons are rich in bioactives which are known for their powerful protection for eyes, cancer-fighting abilities, and fat-burning properties.

Don't forget to pick them up from the fruit market on your next run.

Free Ways to Enhance Your Well-Being

By LiveWell with Nakheel Co-curator, Irina Sharma

Health and wellness continue to grow and so does the economy that supports it. From nutritional supplements and organics to techno-workouts and sports clothing, the industry of diet, exercise, and health is a billion-dollar cash cow. With healthy food and exercise classes costing us more, how does one achieve a higher level of well-being when money is scarce?



The good news is health and wellness don't discriminate and are available for all levels of income. Here are my top tips to strengthen your well-being without weakening the wallet.

1. **Make time for physical activity:** Walking is still the gold standard of exercise. Just find a community space to walk and set aside time to do it.

Pro tip: Physical activity is accumulative – so we don't have to dedicate half an hour to walking. Divide your time during the day and the benefits are the same if you walk ten minutes three times a day or catch 30 minutes all at once. Commit to walking a few days per week, walk at a comfortable pace, and add more days, more minutes, or more intensity as you progress.

2. **Rise with gratitude:** Gratefulness and overall health are linked. Try recording up to five things that you are thankful for every day, and you will experience a higher level of overall positive effect coupled with feeling optimistic about the future.

Bonus: It enhances overall sleep habits too. Begin at our own pace.

3. **Start journalling:** Oscar Wilde said, "I never travel without my diary. One should always have something sensational to read on the train." Writing down our thoughts and feelings can positively impact your health and quality of life. It improves the immune system functioning, cuts down stress, increases your self-awareness, and helps with problem-solving.

4. **Meditate:** No time for exercise? Meditation is just what the doctor ordered, and its benefits are instant. Once you can focus on the present, focus only on your breathing, and calm your mind. From reducing negative emotions and gaining a positive perspective to managing chronic anxiety, pain, and sleep problems, meditation may be the panacea of good health.

5. **Churn out your creativity:** Jump on to the interesting trend of colouring or doodling to manage stress. Not just for kids, adults' colouring books are quite the rage. Known to lift spirits from depression and anxiety, it increases the body's immune system function too. If you don't want to spend, grab a piece of paper and start doodling. Create something from nature (leaves, sticks, rocks) and explore your creative side.

- 6. Animals** - Animals are amazing health coaches and dogs can be the best personal trainers. Research shows that people who own pets enjoy a lower level of depression, anxiety, and stress while enjoying a higher rate of pleasure hormones like serotonin and dopamine that help us to relax. Not a pet owner? Visit a friend with pets or volunteer at an animal shelter as a caregiver or dog walker. Animal therapy can be ours by helping others care for their beloved fur babies.
- 7. Connect and share:** Organizing a social group or chatting with a friend on the street corner are examples of social connections. An interesting study found that women who had a large support group while dealing with cancer had better results after treatment than those that were less connected. In a nutshell, social support reduces our stress and increases our health and quality of life. Come join us every month at our LiveWell with Nakheel events and make new friends - wellness style. It's free and the ROI is priceless!
- 8. Laugh it out:** Diffuse stress, anger, and other negative emotions with a good laugh. Laughter can increase the good hormones and decrease the bad. It decreases blood pressure while increasing the strength of the immune system. As we move from youth to middle age, the inclination to laugh or play decreases significantly. The good news is we can change this and try to laugh more often. Binge on a few funny movies or even hang out with funny buddies. Or our all-time favourite - laughter yoga.
- 9. Bring on the outdoors:** Although it may be a little more challenging to enjoy nature in the big city, one may be able to get the same benefits walking in a city park as you would while walking the trails in the woods. Being outdoors enhances both physical and emotional well-being. Through exposure to sunlight (ola, Vitamin D) and fresh air, the cognitive benefits are many and influence health more than the treadmill.
- 10. Quality sleep:** Sleep can be one of the most challenging complimentary wellness products we have at our disposal. Getting a deep, restful sleep will brighten up your perspective and provide more energy and feelings of well-being than any other. Schedule bedtime an hour earlier or turn off the screen 30 to 45 minutes before bedtime. Sometimes, that's all you need to reap the benefits of greater energy, positive moods, and better quality of life.
- 11. Set aside 'me' time:** Do something for yourself every day. Whether you choose a grand gesture of self-love or something simple, remind yourself of how valuable you are. Choose activities such as watching an episode of your favourite TV show, getting a facial, treating yourself to a healthy smoothie, or setting out your clothes for the next day. Rather than always having to set aside time for various activities, build wellness practices into your day. Trade time-wasting social media apps for health and wellness apps (such as Headspace for meditation). Also, start and end every day with a self-care routine that supports your well-being.
- 12. Nutrition:** We eat several times a day for our entire lives. One would assume this makes us all experts in nutrition, yet it is difficult to find a central theme. Nutrition is more than eating a great variety of healthy food. Take into consideration that our digestive tract must digest and metabolise all our foodstuff and only those parts which are fully digested will nourish us and build a healthy metabolism. Chew your food properly, and don't drink any fluid with your food. And what do you know, two meals are quite enough.
- 13. Keep calm and do not stress:** Carcinophobia is defined as the fear of cancer while orthorexia is defined as an unhealthy focus on healthy eating. Ironically, what we are learning through health research may be bad for our health (should we decide to stress about it). Although the message of balance and moderation sounds difficult—it can be applied to every new health and fitness announcement past, present, and future. Perspective is what healthy practice needs more of (not scare tactics). Moderate exercise coupled with a diet full of veggies and whole foods is great, but we can also enjoy the occasional cronut without the expectation of a cancer scare. The stress alone will kill us...not the cronut.

Experience the essence of LiveWell.