



**FROM
THE EXPERTS:**
The best health advice

Who better to ask for advice on being happy and healthy than the women who make wellness their business? *Emirates Woman* speaks to four of the UAE's top health professionals about their lifestyle secrets...

WRITTEN BY AOIFE STUART-MADGE

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The Life Coach

SAHAR MOUSSLY, FROM SYRIA,
IS A LIFE COACH AND LAUGHTER
YOGA INSTRUCTOR

Every day I...

Wake up early and meditate. Then I walk on the treadmill for at least half an hour. I also do Tai Chi training for 20 minutes at least every other day, and a laughter yoga session at least once a week. I try to laugh as much as I can. Children laugh all the time for no reason, but as we get older we forget how to. It helps get rid of stress and anxiety.

Nothing makes me feel as good as...

Breathing deeply. Laughter yoga uses the same deep breathing exercises as yoga, which helps the flow of oxygen into the organs and into the blood. When you exhale more than you inhale you get rid of stale air and make room for clean oxygen to come in. That helps in producing endorphins in your body and improves the immune system. It's a beautiful experience. Afterwards, you feel light, motivated and you can leave all the stress behind you.

My diet

I stay away from red meat and sweets, and I don't use a lot of salt. I also try to keep away from carbs but it's difficult. I never go on a diet; healthy eating is a way of life. I enjoy healthy food – it's not punishment to eat green vegetables.

My top health tip

Look after yourself as a whole – eating, sleeping and exercising properly, but also learning every day by improving yourself and improving your knowledge. The secret to happiness is to have a balance in your life. When you draw a circle and divide it into pieces, you should be giving the same amount of importance and attention to all the pieces in your life.

✿ TO SIGN UP FOR LAUGHTER YOGA CLASSES,
EMAIL SHMOSLEY@EMIRATES.NET.AE



The Dietitian

TINA CHOUERI CHAGOURY, FROM LEBANON,
IS A LICENSED DIETICIAN AND CHIEF
CLINICAL OFFICER AT LIVE'LY UAE

Every day I...

Eat one square of dark chocolate. I love chocolate and dark chocolate is better for you. You have to allow yourself little indulgences: have French fries if you crave them, just as long as it doesn't become a habit. I jog everyday no matter what and whenever I have time I do yoga too. I work out in the morning and I always tell my clients to do the same. Your energy levels are higher in the morning and it's better to be done with it. You'll always find an excuse at the end of the day not to exercise.

Nothing makes me feel as good as...

Staying healthy. I am 32, and once you are past 30, you start thinking about staying young and active for your family. It's less about losing weight and more about staying fit. I try to keep my life simple and stress-free. I do my best to prevent disease through my diet, taking in plenty of antioxidants.

My diet

I eat everything in moderation but I make sure I eat a lot of vegetables every day. I have a salad with every meal. My fridge is always stocked with fresh fruit and vegetables, as well as low-fat yoghurt and salsa dip, which is a very healthy snack. When I am craving something sweet, I snack on almonds as they contain a natural appetite suppressant.

My top health tip

Make time for exercise. Schedule it like you schedule meetings or appointments. Try and make it part of your routine because when it becomes a routine, it is easier to follow. Even incorporating a 15-minute run every morning can make a huge difference.

✿ TO BOOK A CONSULTATION WITH TINA,
EMAIL TINA@LIVELY.AE





The Fitness Trainer

DERRYN BROWN, FROM SOUTH AFRICA, IS A PERSONAL TRAINER AND INSTRUCTOR AT THE HUNDRED PILATES STUDIO

Every day!...

Try to drink at least three litres of water. I add chia seeds to my water, which are full of antioxidants, and a good source of protein and calcium. I have an app on my phone called MomentDiary, which I use to record what I eat every day in pictures. I get my clients to use it too and they email me their food diary. I aim to work out at least five times a week. On days when I'm really busy at home, I'll do 20 squats, 20 push-ups and 20 ab crunches every two hours.

Nothing makes me feel as good as...

Using my body. I am a big believer in functional training. Bear crawls, squats and mountain climbers – anything that uses my own body weight. I think a lot of people get stuck in the old school way of training – sitting on machines in the gym. When you are sitting on those machines, you are sitting in the same position you are at your desk or at your car. You are just reinforcing all those patterns. I prefer not to work in the gym at all. It's better to get your body moving in the way it's meant to be moving, so we're not walking with a hunchback by the time we're 60!

My diet

I aim to eat as raw as possible, so I try to make sure that 80 per cent of my diet is vegetables, fruits and salads. I feel loads better, and my digestion is better. Most of the time our bodies are in an acidic state, and that's when diseases happen. Eating raw helps get your body back into an alkaline state.

My top health tip

Look at your portion control. Diet is a huge part of getting fit, and you won't lose weight if the portion sizes aren't right. You have to make sure the energy balance is in the deficit. Whatever you are putting in your mouth and whatever you are burning needs to be in a deficit. Start by eating loads of fruits, vegetables and salad with every single meal. You'll start to feel better and more motivated to start exercising.

✿ TO BOOK A SESSION WITH DERRYN, EMAIL DERRYN@DERRYNBROWN.COM



The Doctor

DR MELANIE C. SCHLATTER PHD, FROM NEW ZEALAND, IS A CONSULTANT HEALTH PSYCHOLOGIST AT THE WELL WOMAN CLINIC

Every day!...

Do at least 20 minutes' exercise. I find with my job I need the outlet, so I go walking, cycling or rowing. It's a great way to combat stress. I always take time out to breathe low and slow; to stop stressing and to take a couple of decent breaths. You can do it anywhere: in the bathroom, at the traffic lights...

Nothing makes me feel as good as...

Juicing. For the last year or so, I've been getting into juicing. I've been doing it more and more and it's made a huge improvement – I just feel better. I start off each day with a big shake packed with veggies: broccoli, spinach, lettuce. I've noticed a real difference in how I feel.

My diet

I am a vegetarian and I try to stay away from dairy and wheat. In general, I prefer to eat fresh, raw food. I eat five small meals a day. It's much better in terms of brain function – there's no lethargy or fatigue. I live on dates, nuts and seeds – they really get me through the afternoon.

My top health tip

Check in with yourself. I see so many people who struggle with work/life balance – they are burned out to the point of depression, but they are living on coffee and chocolate and working late every night. Don't make excuses. As I've got older, I've realised that it's unacceptable to do that to yourself. I mean I used to do it too, I was the queen of running around, but you get to a certain point where you have got to value your body. You've got to make the time and make healthy choices.

✿ TO BOOK AN APPOINTMENT WITH MELANIE, EMAIL MELANIE@HEALTHPSYCHUAE.COM