

Saltley Stallions Football Club

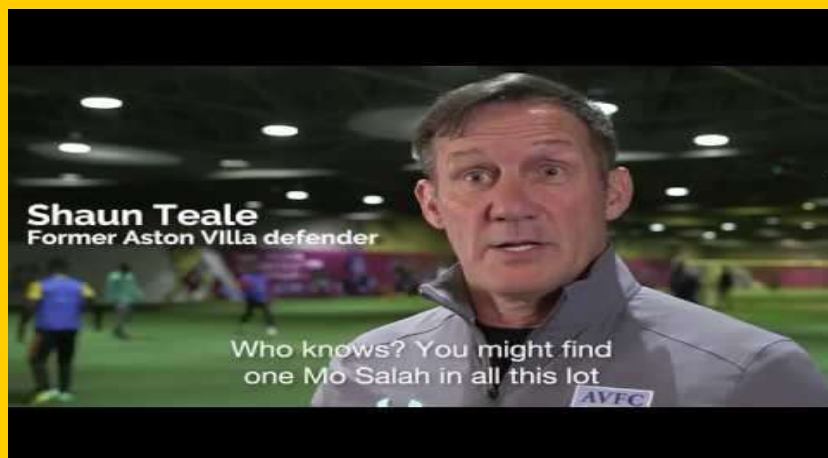
powered by Saltley Stallions FC



Wellbeing

Saltley Stallions Football Club

powered by Saltley Stallions FC





KEYS TO SUCCESS – “Take care of your mind and body to succeed on & off the pitch”



KEYS TO SUCCESS –

Nutrition

Physical Health

Mental health



**KEYS TO SUCCESS – “The best investment you
can ever make is in your own health”**



**KEYS TO SUCCESS –
Nutrition**

Importance of not overeating



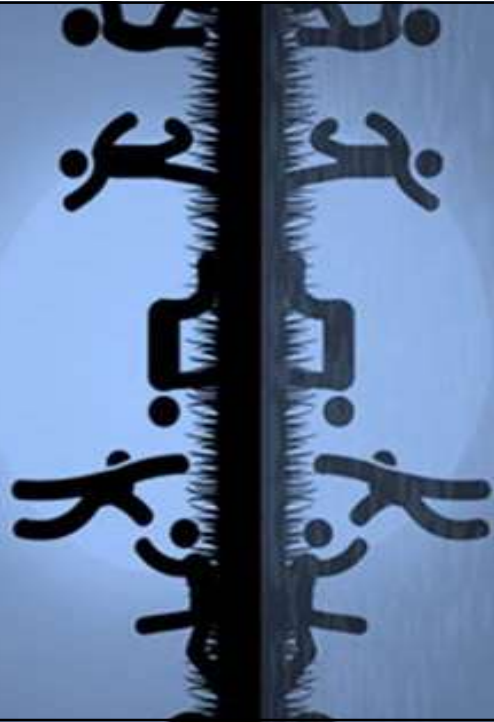
KEYS TO SUCCESS –

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

"Remember when he covered you in Sleep for Security"


**KEEP
CALM
AND**



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
2. Your health, before you fall sick
3. Your richness, before you become poor
4. Your free time before you become busy
5. Your life, before your death



Thank you

1. Eat clean
2. Eat little and often
3. Hydrate
4. Recovery
5. Mindset