

JOIN US AT THE DUBAI FITNESS CHALLENGE

30 useful tips to stay fit and healthy

1. Eat a healthy breakfast. Take a fresh fruit from morning buffet at Ballaro' Restaurant. Eating breakfast starts your day off on the right foot and gives you fuel for the day that will help you make better food decisions throughout the day.

2. Get moving. Jump on the treadmill for 30 minute walk at Fitness Center located on 6th floor. You do not have to take long or intense walks, but try to add a few more steps to your day.

3. Make it easier to get a full night's sleep. Blocking out unwanted noise, keeping your room cooler and making sure your bedroom is dark enough are all ways to help perfect your sleeping environment. Each room at Conrad Dubai has a tech remote control to complete dark your room.

4. Exchange the elevator for the stairs. Did you know that Conrad has 50 floors? From 9 am to 12pm take the stairs from level 6 Spa reception to G floor lobby today for a change! Adding more flights of stairs into your routine can increase your conditioning as well!

5. Go to bed at the same time every night or at least as much as possible. We love falling on the Conrad feather duvets and pillows after work! Everyone's schedule changes, but training your body to begin the sleep process at a similar time each evening can help you fall asleep more quickly and prevent those nights of restless tossing and turning.

6. Swimming is the best exercise. Take advantage of our Conrad swimming pool, 15-meter lap is perfect for morning exercise before breakfast. Just only 20 minutes can burn 250 calories, so no need to feel guilty by having a croissant and coffee in Isla lobby lounge later.

7. Exercise during TV commercials. When a commercial starts, make the most of that downtime. You don't need to plan anything too intense - set a squat or a pushup goal, walk through your entire house or hold a plank as long as possible. Have a Netflix-only household? Set a timer on your phone to remind you to get up every ten minutes to fit in a short exercise.

8. Run the Attractions. Conrad Dubai is surrounded by various areas including, Museum of the Future World Trade Center, Safa Park or La Mer. Guests have an unparalleled selection of jogging routes to choose from. Just a minute from the hotel, be inspired by Sheikh Zayed Road skyline, which is the route of the Dubai 30x30 Fitness Challenge Run.

9. Take a walk. Dubai weather is perfect during the month of November. No shortage of benefits here: the varied terrain makes this work out a little more intense than just walking, you get to absorb vitamin D from the sun, and hiking is generally a longer workout than a short walk around the World trade center neighborhood.

10. Balance your carbohydrates, fats and protein in each meal. There are a lot of different diets out there, but the easiest thing you can do is just monitor how much of each thing you are putting in your body. Eating real, whole foods makes it easier to balance these items. Food tracker apps also help you see the composition of different foods as plan your meals.

11. Eat real food. Eat minimally-processed foods. Enjoy vegan or vegetarian options at Anása, our Greek restaurant.

12. Exercise your mind. Lifelong learning is necessary for a balanced lifestyle. Playing games, reading, puzzles, etc. are all great ways to exercise your mind and de-stress.

13. Spend more time in nature. Dubai winter time is the perfect chance to head outdoors. Spending time outside is a great way to de-stress, reduce levels of hostility and depression and to increase feelings of liveliness. Visit our Bliss 6 and take a deep breath!

14. Eight (8-ounce) cups of water a day. The amount of water each person needs can vary, but eight cups a day is a good rule of thumb (possibly more depending on your activity level). Never Just Stay, Stay Hydrated!!

15. Put on your gym clothes. It sounds silly, but just committing to putting on your workout clothes can be enough to convince yourself to head to the gym. You do not have to work out once you have your gym clothes on, but you're far more likely to. Come down to our fitness center if you wish to take advantage of our Technogym equipment while you stay with us.

16. Meditate. Try to meditate for at least five minutes a day. Close your eyes and bring your attention to one thing (like your breath) for a period of time. When your mind starts to wander (and it will!) just let that go and return to your breath. Maybe you can book a session at our Spa to help you relax!

17. Mix up your fruits and vegetables. Take advantage of the rich variety at Ballaro' Breakfast and create a colorful healthy bowl of mixed fruits and veggies.

18. Drink it if you can't eat it. Smoothies are the best way to get all the important nutrients and vitamins for your day. Pick one at Ballaro' breakfast!

19. Record your stats. Track the number of steps you do daily. It is nice to keep yourself active and have a goal to achieve. Check your Health App on your mobile phone.

20. Sweat in sauna. In addition to being a relaxing way to end a workout, sauna do have some healthy benefits. Research has shown that the high temperature expose helps blood vessels expand which helps to improve blood circulations. Book in advance your slot at Conrad Spa, located on the 6th floor.

21. Try steam and vitality pool. At Conrad Spa we have hydro and thermos facilities that can help improve your results. Enjoy a Jacuzzi session after your exercise. Don't forget to book in advance at the spa reception.

22. The more you develop other interests and activities in your life, the less appealing over eating or inactivity will be for you. Take a book and enjoy the breeze in one of our cabanas at the urban pool oasis.

23. Post reminders, incentives or inspiration for yourself to see to help support your goals. Your mobile can be extremely useful for this!

24. Stop doing what doesn't work for you, and keep doing what does work for you.

25. Be willing to try a new sport or physical activity at least once to see if you would enjoy it. Visit our Fitness & Wellness Centre for some tips.

26. Try to eat more natural/raw/core foods, and less processed food. Enjoy our 'Growth of the UAE' menu celebrating local flavors and ingredients in occasion of the 50th UAE Anniversary at Ballaro' Restaurant.

27. Try to eat a variety of food 'colors'. The 'Rainbowl' at Bliss 6 or poke bowl at Kimpo are a must.

28. Do something fun every day. Enjoy a dinner with live DJ at Kimpo Korean bar on the ground floor, have a swim under the iconic waterfall in Bliss 6 pool or explore the hundreds of attractions that Dubai has to offer.

29. Have a sense of purpose in your life. Set your goals now during your Dubai holidays and start implementing them as soon as you're back home.

30. Let go of the past, focus on what you can do to improve your present and future. Take our hotel complimentary shuttle to La Mer, Dubai's eclectic beachfront and enjoy bustling backstreets, thrilling water sports, a variety of cuisines and shops.