

# *The Clinova Wellness Guide*

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86 steps to better health | Written by pharmacists, doctors, nutritionists & athletes



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This section gives you some tips on how to improve sleep quality

# #1 Sleep

## Keep a regular 'Sleep-Wake Cycle'

### 01. STICK TO A SLEEP-WAKE SCHEDULE

Try to go to sleep and get up at the same time every day, as this helps to regulate your body's internal clock and optimise your sleep quality. Even at weekends, resist the temptation to sleep in! Sooner or later, you won't even need an alarm to wake up any more.

### 02. RESIST POST-MEAL DROWSINESS

You may feel sleepy after having a big meal, but don't give in to a nap! Instead, try to distract yourself from feeling sleepy, perhaps by going for a walk, otherwise you may find it difficult to fall asleep later on.

### 3. SET A 'BEDTIME ALARM'

If you find it difficult to go to bed early, set an alarm to remind yourself to go to sleep.

## Control your light exposure

### 04. GET MORE SUN EXPOSURE DURING THE DAY

Our brains secrete the hormone melatonin, which helps to regulate our sleep-wake cycle. More melatonin is secreted when we are in the dark – making us sleepy – and less when in the light, making us feel more awake. Therefore, expose yourself to as much sunlight as possible in the morning, spend more time outdoors during the day, and even at work, open the blinds or curtains fully to let more sunlight shine through the windows.

### 05. RESTRICT EXPOSURE TO LIGHT AT NIGHT

Don't watch TV late at night, as not only does the light reduce melatonin production, the programme itself is also stimulating, making you more likely to feel awake. Avoid using bright screens within an hour or two before bedtime, as the blue light from our phones, TVs and laptops is rather disruptive to our sleep. Turn the brightness level down or just don't use it at all!



# #1 Sleep

## **06. CREATE YOUR IDEAL BEDROOM TEMPERATURE**

Having an ideal bedroom temperature (normally between 19–21 °C) can make you fall asleep more quickly! Feeling either too hot or too cold can interfere with your sleep quality. Try testing this out using a single bed sheet instead of a duvet.

## **07. KEEP THE ROOM HUMID**

The right level of humidity can eliminate sinus problems during travelling and helps reduce facial wrinkles.

## **08. FREE YOUR ROOM FROM NOISE**

Use earplugs if necessary, or mask any noises with a sound which is familiar or pleasant to you e.g. radio or music.

## **09. KEEP THE ROOM DARK**

Again, this encourages the production of melatonin, which makes you feel sleepy. Having a dark room is also less stimulating and creates a calming effect.

## **Be smart about food intake...**

### **10. SAY NO TO BIG, RICH, FATTY MEALS AT NIGHT**

Have a light dinner: avoid having big, fatty meals less than 2 hours before bed, as spicy or acidic food may cause discomfort and heartburn. Meals rich in protein are also hard to digest!

### **11. AVOID CAFFEINE INTAKE AFTER 3PM**

Its effect stays in your body's system for much longer than you think!

### **12. DON'T DRINK TOO MUCH FLUID BEFORE BED**

This limits the need to get up throughout the night to use the toilet.



# #1 Sleep

## Sleep hygiene

### 13. EXERCISE BEFORE SLEEP

The more effortful the training session, the faster you'll fall asleep.

### 14. STRETCH BEFORE SLEEP

### 15. TAKE A WARM BATH ONE HOUR BEFORE BED

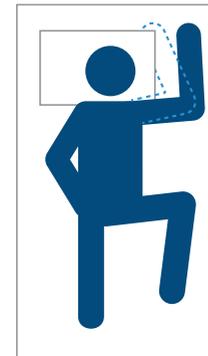
### 16. SLIP ON SOME SOCKS

Having warm hands and feet seems to help many people fall asleep faster.

### 17. 'HALF MILITARY CRAWL POSITION' - LAST RESORT

Lie on your chest with your head on a pillow and turned to the right. Straighten both of your arms by your sides, palms facing upwards. Bend the right elbow up until it reaches a 90-degree angle, with the palm on the bed close to your head, as if pushing the bed away from you.

Alternatively, put the right arm under the pillow, bringing the right knee sideways until it is bent at around 90 degrees.





This section will provide with you tips on how to lose fat via good eating habits designed for optimum nutrition

## #2 Diet

### Eat the right food

#### 18. CUT BACK ON STARCHES AND SUGARS

Foods high in carbohydrates (e.g. potatoes and pasta) contain high amounts of starch, which stimulates the secretion of insulin, which in turn stores fat. Therefore, the higher your carb intake, the more insulin is secreted and the more fat is stored in the body.

#### 19. AVOID 'WHITE' CARBS

All bread, rice, cereal, potatoes, pasta, fried food with breadcrumbs, and anything else white should be avoided because of chlorine dioxide, a chemical used to bleach flour. It combines with residual proteins in these foods to form alloxan, which has been shown to induce diabetes in lab rats. In general, foods with a high carbohydrate content contain high amounts of starch, which will cause you to gain weight.

#### 20. EAT A HIGH-PROTEIN BREAKFAST

It has been shown that a high-protein breakfast can reduce cravings – and therefore calorie intake – for the rest of the day.

#### 21. AVOID MILK PRODUCTS

Milk products such as ice cream and whipped cream typically elevate the concentration of insulin 3 to 6 times more than the expected level. Therefore, even a little reduction in dairy intake can dramatically speed up fat loss.

#### 22. STIR-FRYING IS IDEAL, BUT SAY NO TO DEEP-FRYING

#### 23. DON'T EAT TOO MANY NUTS

Nuts are easy to nibble on: grab a handful and use the simple excuse that they're nutritious! However, nuts such as peanuts/almonds contain more calories per serving than a Burger King Whopper!

#### 24. COOK USING SPICES AND HERBS

Spices and herbs are a great way to add flavour while cooking, without adding to the calorie count. Try to avoid cream-based sauces.



## #2 Diet

### Eat the right food

#### 25. EAT SOLUBLE FIBRE

Foods high in soluble fibre such as vegetables, nuts, beans, lentils, peas and fruits can help reduce fat. This especially helps with flattening your belly, and may also reduce the risk of heart disease.

#### 26. LIMIT YOUR FRUIT INTAKE

In general, fruits contain a large amount of fructose, which is converted to glycerol phosphate more efficiently than other carbohydrates, which then is converted into a triglyceride via the liver and is eventually stored as fat. Therefore, while a small serving of fruit each day is beneficial to your health - and definitely superior to the refined sugars in junk food - avoid eating too much of it!

#### 27. SUPERFOOD: AVOCADOS

While most fruits are high in sugar content, avocados are loaded with nutritious fats. They are particularly high in (monounsaturated) oleic acid, which can also be found in olive oil. The fats found in avocados can help you absorb 2.6 – 15 times the amount of nutrients, such as potassium and fibre, in accompanying foods.

#### 28. FEEL FREE TO TAKE SUPPLEMENTS

Potassium, zinc, magnesium and calcium are important nutrients for the body. Dieting might lead to loss of electrolytes and excess water, therefore it is essential to restore lost nutrients. Potassium can be obtained from foods such as avocados, which contain 60% more potassium and 75% more insoluble fibre than bananas. These nutrients can also be easily obtained via supplements such as Magastic® tablets.



## #2 Diet

### Drink smart

#### 29. KEEP HYDRATED

Try to deliberately drink more water on your cheat day when you consume a lot of calories, as excess intake of carbs draws water to the digestive tract and muscle glycogen, causing you to feel dehydrated more quickly, therefore making headaches more likely if you don't drink enough water! Adding ORS tablets to water is a great and easy way to increase your hydration. Each O.R.S Hydration Tablet has less sugar than a biscuit, less salt than a slice of bread and is ideal for travel, sport, hot climates and wellness.

#### 30. DON'T DRINK YOUR CALORIES

You can drink a large amount of water, unsweetened tea or coffee (with no more than 2 tablespoons of cream) or other no- or low-calorie beverages. Drinks including soy milk, soft drinks or fruit juice should be avoided.

### Improve your eating habits

#### 31. EAT BREAKFAST - CRITICAL!

Skipping breakfast is closely related to overeating in the evening. Try and eat a nutritious breakfast alongside drinking plenty of water as a matter of routine.

#### 32. EAT SMALL AMOUNTS, MORE FREQUENTLY

As long as you eat healthily, eating more than 4 times a day keeps the resting metabolic rate going, and also staves off hunger pangs!

#### 33. EAT WITHIN ONE HOUR OF WAKING (30 MINUTES IDEALLY)

Keep the meal simple: small and protein-rich.

#### 34. GET AT LEAST 20G OF PROTEIN PER MEAL

Make sure that your breakfast is at least 40% protein, as this will reduce carb cravings and promote a negative fat balance.



## #2 Diet

### 35. HAVE A 'CHEAT DAY' ONCE A WEEK AND GO CRAZY!

All is fair game on a cheat day. Dramatically spiking calorie intake once a week can actually promote fat loss, by ensuring that the metabolic rate doesn't fall.

### 36. REPLACE SNACKS WITH ACTIVITY

Normally, you won't feel hungry if you have eaten enough. If you feel full but just have a snack craving, it is likely to be a psychological addiction. Some people can solve this problem by going to the bathroom or drinking water. Try to distract yourself with an activity and if you must snack, snack on carrots!

### 37. USE A SMALL PLATE

Psychologically, eating from a small plate could trick you into eating less!

### 38. EAT SLOWLY

Eating slowly will make you eat less, feel more full and trigger weight-reducing hormones, compared to fast eaters who are more likely to gain weight.



This section explores ways to gain muscle, get stronger, and outlines some things to be aware of when working out

## #3 Exercise

### Before exercising

#### 39. DO WARM UPS

Warm ups are the least intense period of your workout. Some studies have shown that while stretching doesn't help with performance, warm ups do instead stimulate and engage the muscles in the body in preparation for exercise.

#### 40. CONSULT YOUR DOCTOR

It's always a good idea to consult your doctor before starting any new exercise regime, particularly if you have certain health conditions, to know which exercises are safe and which to avoid.

#### 41. UNDERSTAND THE WORKOUT

Having a good understanding of the workout you do can improve efficiency and get ideal results more quickly. If you are working with machines, read the instructions thoroughly to avoid any injuries.

#### 42. ADJUST SEAT SETTINGS

It is essential to adjust and standardise the seat settings on all machine exercises, as this affects strength gain or loss, especially with pressing movements.

#### 43. DO SOME INTERVAL TRAINING

Interval training is where you carry out a set of exercises (e.g. running) then resting and repeating, instead of maintaining it at a constant pace. You will find yourself having much more time at your optimum, thus increasing overall effectiveness.

#### 44. DO SOME RESISTANCE TRAINING

Resistance training such as weight lifting will help burn calories and maintain metabolism. It is especially good if you are on a low-carb diet to gain muscle while losing body fat.

#### 45. INCREASE RECOVERY TIME ALONG WITH YOUR SIZE

In other words, exercise less frequently as your strength and size increase, because muscle mass can be increased 100% before reaching a genetic ceiling, but recovering abilities might only improve 20-30% through increasing your body's enzyme production and the activity of your immune system. Take at least 5 days off from any exercise which could potentially cause damage. You need fewer gym sessions if you are getting bigger and stronger.



# #3 Exercise

## Tips on how to gain muscle

### 46. SPLIT THE WORKOUT IF GAIN IS SLOW

If you find yourself gaining muscle too slowly with only one session per week, split your routine into two sessions per week, rather than doing a full-body workout at once. Try this for 10–14 days, to increase strength gain.

### 47. EXERCISE BEFORE AND AFTER YOU EAT

Do 60–90 seconds of quick exercise a few minutes before your meal, and again 90 minutes after. This helps to open the 'gates' (transporters) in muscle cells to promote a greater calorie influx, before they reach the transporters on fat cells. Therefore, more muscle than fat ends up being synthesised.

### 48. DON'T OVERDO IT AT THE GYM

Any weight gain caused by muscle gain is good, but doing too much (more than 12 hours a week in the gym) can actually reverse your progress, as well as possibly leading to overeating and increased consumption of high-sugar sports drinks.



# #3 Exercise

## Tips on how to gain strength lifting weights

### 49. LIFT HEAVY BUT DON'T COMPROMISE FORM

### 50. LIFT 3 TIMES A WEEK AND HAVE A CONSISTENT TRAINING TIME

At the same time, practise your usual sport 6 days a week and take a day off.

### 51. DO 10 REPS PER LIFT PER WORKOUT BUT FOCUS ON SETS OF 2 OR 3 REPS

Ideal example: 3 sets of 3, 5 sets of 2 etc. with focus on 2 reps.

### 52. REST FOR A FEW MINUTES BETWEEN SETS

### 53. REMEMBER TO BREATHE WHILE LIFTING

Try to inhale deeply before the movement, tightening all the hip and torso muscles to steady the abdomen. Make a hissing sound and force air out between your clenched teeth. Use the remaining air on the return, until the weight stack comes to rest. Take 2 normal breaths while resting the weight stack, then start the next cycle.

### 54. NEVER TRAIN TO THE POINT OF TIREDNESS

Never force yourself to a point where you feel over tired and fatigued: don't over train. You should feel stronger after your lifting session rather than worn out.



# #3 Exercise

## After exercising

### 55. POST-WORKOUT STRETCH

Remember to stretch after your workout, as it can reduce muscle fatigue, promote muscle recovery and reduce post-workout soreness.

### 56. EAT NUTRIENT-DENSE ANIMAL FOODS & FAT-SOLUBLE VITAMINS

Nutrient-dense animal-based foods with enough fat-soluble vitamins A, D, E and K can contribute to the restoration of inflamed tissues with abnormal calcium deposits after a workout.

### 57. KEEP ACTIVE IF INJURED

Don't be bed-bound if you are injured. Keep yourself as active as possible, as movement helps with injuries. Always follow your doctor's advice regarding moving injured body parts.



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This section will provide you with ideas to help you excel at work...

# #4 Work

## Be punctual

### 58. PREPARE EVERYTHING YOU NEED THE NIGHT BEFORE

Pack your bag. Pick your outfit for work. Have everything ready for the next day in advance so you can free up some time to make yourself a quick breakfast and get ready for work properly!

### 59. ALWAYS KEEP YOUR ESSENTIALS IN THE SAME PLACE

Place all your essentials in the same spot every time; this will save you a lot of time and stress in the morning as you will know where you to look for them.

### 60. BE PREPARED FOR DELAYS

Check traffic, weather, transportation fares etc. beforehand, so you know what to expect and alter your travel plans accordingly, allowing yourself some spare time in case of delays.

### 61. BE 15 MINUTES EARLY FOR EVERYTHING

Plan to show up at work or an appointment at least 15 minutes early. With this mindset, you will be on time, even if there are unexpected interruptions. If you are early, start working so you can continue at a more relaxed pace with less pressure.

## Stay awake

### 62. STRETCH AND MOVE AROUND

Try to stand up and move around for 5 minutes every hour, to get your blood circulating.

### 63. GET SOME FRESH AIR

If possible, have a walk outside, as fresh air and exposure to sunlight will be energising. Otherwise, try opening some windows and blinds, or turn on some lights to signal to your brain to wake up!

### 64. ALERTNESS TABLETS

Try and use an alertness tablet such as WAYK®, which contains all the key nutrients to help you reduce tiredness, improve your concentration and help you stay awake.



# #4 Work

## 65. COLD TEMPERATURES KEEP YOU ALERT

A warm and stuffy room is more likely to put you to sleep. So, set the air conditioning to a lower temperature, turn on a fan or – if it is cold outside – open a window. These are all likely to help increase your alertness.

## 66. STAY HYDRATED

Being dehydrated can upset the balance of salts and blood sugar in the body, and also reduce blood volume. This in turn lowers the amount of blood and oxygen transported to the brain, therefore causing sleepiness. In order to work efficiently and stay awake, being hydrated is key. You can increase hydration by using ORS® Hydration Tablets in water.

## 67. MOVE TO ANOTHER TASK

Try switching to another task to refresh your mind for a while.

## Be intentional

### 68. SET A GOAL AND WORK TOWARDS IT

The first step in achieving excellence is knowing what you are trying to achieve. Set a goal and work towards it. Ask yourself several questions: what is my intention now? Why do I want to do this? Why should I do this? From this moment onwards, you will be more intentional about your work goals as you will have a clearer purpose and stronger drive for success.

### 69. PLAN YOUR DAY, WEEK AND MONTH

Every morning, spend 15–30 minutes planning your day hour by hour, and make sure you have at least completed your 3 most important tasks. At the end of each week, review what you have achieved and decide on your objectives for the coming week. In terms of monthly planning, focus on the achievement of major events, habits or routines in order to give you a direction for work and reach higher goals.



# #4 Work

## 70. THINK ABOUT WHAT YOU WANT TO ACHIEVE IN 3 YEARS' TIME

This is a form of backwards reasoning, where you think forward and look for the future effect caused by an action. Think about what you want to achieve in life in 5 years' time, and take whatever actions now that will lead you towards that position and vision.

## 71. TAKE NOTES

Start off by writing all your goals in a journal. Be specific in terms of time and quantity e.g. complete 3 reports within 2 days. Review your goals from time to time to see if you are happy with them, making sure you revise and update them.

## Be optimistic

### 72. STAY POSITIVE

You are more likely to be productive if you stay positive and excited about work! Experiencing difficulties or failures at work is inevitable, but try not to dwell in sadness or negativity, because regardless of how small the negative thought is, over time it will have a major impact on your behaviour and productivity, ultimately leading to a poorer performance at work.

### 73. THINK ABOUT RESOLUTION

Whenever you face challenges, think about how you can make them positive. Is there anything you can think of to solve the problem? If not, then accept it, move on and reflect on how you can possibly do better in the future. If yes, think of what action you can take to change the situation, pick yourself back up and make the change happen.

### 74. SURROUND YOURSELF WITH POSITIVITY

Surrounding yourself with positive people brings out the positivity inside you. Make effort to block out negative influences that will bring you down. You don't need them in your life.



# #4 Work

## Look after your body

### 75. EAT WELL

Our bodies are powerful machines which need to be taken care of in order to perform at their optimum level. Cut down on ready meals and focus on nutrient intake. Try to make small changes each week and work your way up!

### 76. STAY ACTIVE

You don't necessarily need to join a gym if you have no time, as long as you incorporate an active lifestyle as much as possible e.g. cycling to work, playing sports at weekends, etc. Make sure you know when to play hard and when to work hard in order to maintain a balanced lifestyle.

### 77. GET ENOUGH SLEEP

In our fast-paced society nowadays, you might think you can function with 6 or 7 hours of sleep. Most healthy adults, however, need 7–9 hours sleep per day in order to perform at their best, be energetic and stay alert all day. Lack of sleep in the long run could result in chronic sleep deprivation, which has a spectrum of negative effects: not only drowsiness, but poor judgment, impaired coordination and slower reflex times.



# #5 Hygiene

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This session will give you ideas on how to maintain good personal hygiene

## Keep clean

### 78. SHOWER DAILY

Showering is the best way to eliminate germs, sweat and dirt which have accumulated from the day. This prevents disease and helps to boost the immune system. Showering also helps reduce muscle tension and relieve stress levels.

### 79. BRUSH, FLOSS & USE MOUTHWASH

Brush your teeth with toothpaste containing fluoride multiple times throughout the day, as this will help prevent gum disease, tooth decay and bad breath. Flossing your teeth every day will also help combat cavities and bad breath. Don't forget to use mouthwash after each time you brush or even after meals, as it helps prevent bacterial infection and minimises the possibility of cavities. Use a fresh mint digestion aid after meals such as Magastic® chewable tablets, which support dental hygiene.

### 80. GOOD FACIAL CLEANSING

Wash your face every morning and night to get rid of dirt, oil and impurities, as this will prevent acne and give you a brighter and fresher look. It is useful to check with your doctor or dermatologist before purchasing any cleanser to ensure you pick the right one for your skin!

## Personal grooming

### 81. KEEP YOUR HAIR CLEAN AND COMBED

Shampooing regularly is essential to prevent the excess dandruff and fungus which cause conditions such as seborrhoea, a condition which causes an itchy and scaly scalp. Good hair care also contributes to your appearance and overall health! Combing your hair helps remove knots, spreads natural oil over the whole head and stimulates the scalp, promoting hair growth.

### 82. MAINTAIN A TIDY BEARD

Having a tidy beard gives a man a neat and professional appearance, especially if the area under the chin and neck is neat and tidy.



# #5 Hygiene

## 83. TRIM YOUR FINGERNAILS

Having clean and neat nails gives the impression of good hygiene and maturity. It also reduces the chance of getting fungal infections from any dirt trapped underneath.

## 84. MOISTURISE YOUR BODY

Moisturise your body and face after washing to avoid dry and irritated skin, also to smooth the skin and promote overall skin health.

## Smell fresh

## 85. CHANGE AND WASH YOUR CLOTHES

Change your underwear and socks every day, although the majority of other items of clothing can be washed after wearing them a few times. Gym clothing especially should be washed after every wear, to make sure they stay clean and fresh. Wash your new clothes before you wear them for the first time.

## 86. ANTIPERSPIRANTS AND PERFUME

Antiperspirants help control excessive sweat as they block the pores and prevent the formation of 'sweat patches' on your clothing. The fragrance contained also helps cover and neutralise any unpleasant odour. If you choose not to use antiperspirants, then consider rinsing your underarm with soap and water regularly throughout the day instead, and change your clothes regularly to remove odour. You can also apply perfume or cologne to mask the unpleasant smell, but don't overdo it!

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