TITLE: Fiber

DURATION: 00:03:00

DESCRIPTION: A lesson about fiber.

CATEGORY: Nutrition

Fiber is like the unsung hero of your diet. It keeps your **digestion** smooth and helps control **blood** **sugar** levels.

Think of it as your **gut’s** **best** **friend**, ensuring everything moves along as it should.

To up your intake, incorporate more **whole grains**, **fruits**, and **vegetables** into your meals.

These not only boost your fiber but also add **variety** to your diet.

When increasing fiber, do it **gradually** to avoid digestive discomfort. And don’t forget to drink plenty of **water**.

By making these simple changes, you’ll support your **overall** **health** and keep things **running** **smoothly**.

TITLE: Creatine

DURATION: 00:03:00

DESCRIPTION: A lesson about creatine.

CATEGORY: Fitness, Nutrition

Your muscles naturally use creatine for quick **energy**, especially during intense workouts like lifting weights or sprinting.

Taking creatine supplements can help you lift a bit **heavier**, work out **harder**, and recover **faster**.

Beyond gym gains, creatine might also boost your **brainpower**, improving memory and quick thinking—perfect for late-night study sessions.

Creatine is safe for most people, though it can cause slight **water** **retention** or minor **stomach** **upset** in some.

It’s easy to take—mix it with water, protein shakes, or juice.

**Bottom** **line**: Creatine can help level up both your **physical** **performance** and **mental** **sharpness**.