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who am i

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Fit Tip



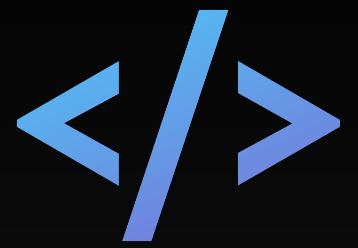


Fit Tip

Google ١٠٠ طرق



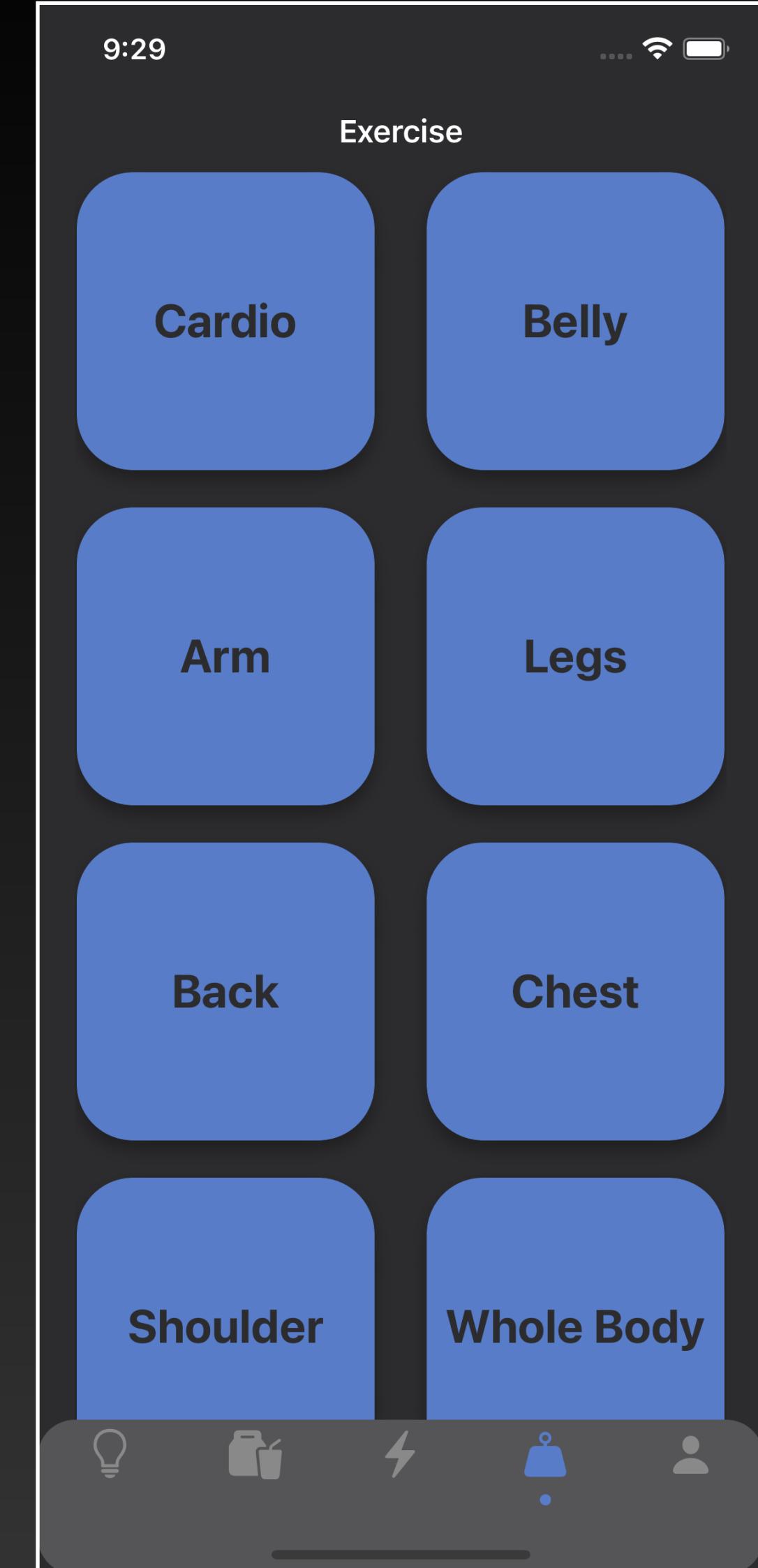
Atheer Othman



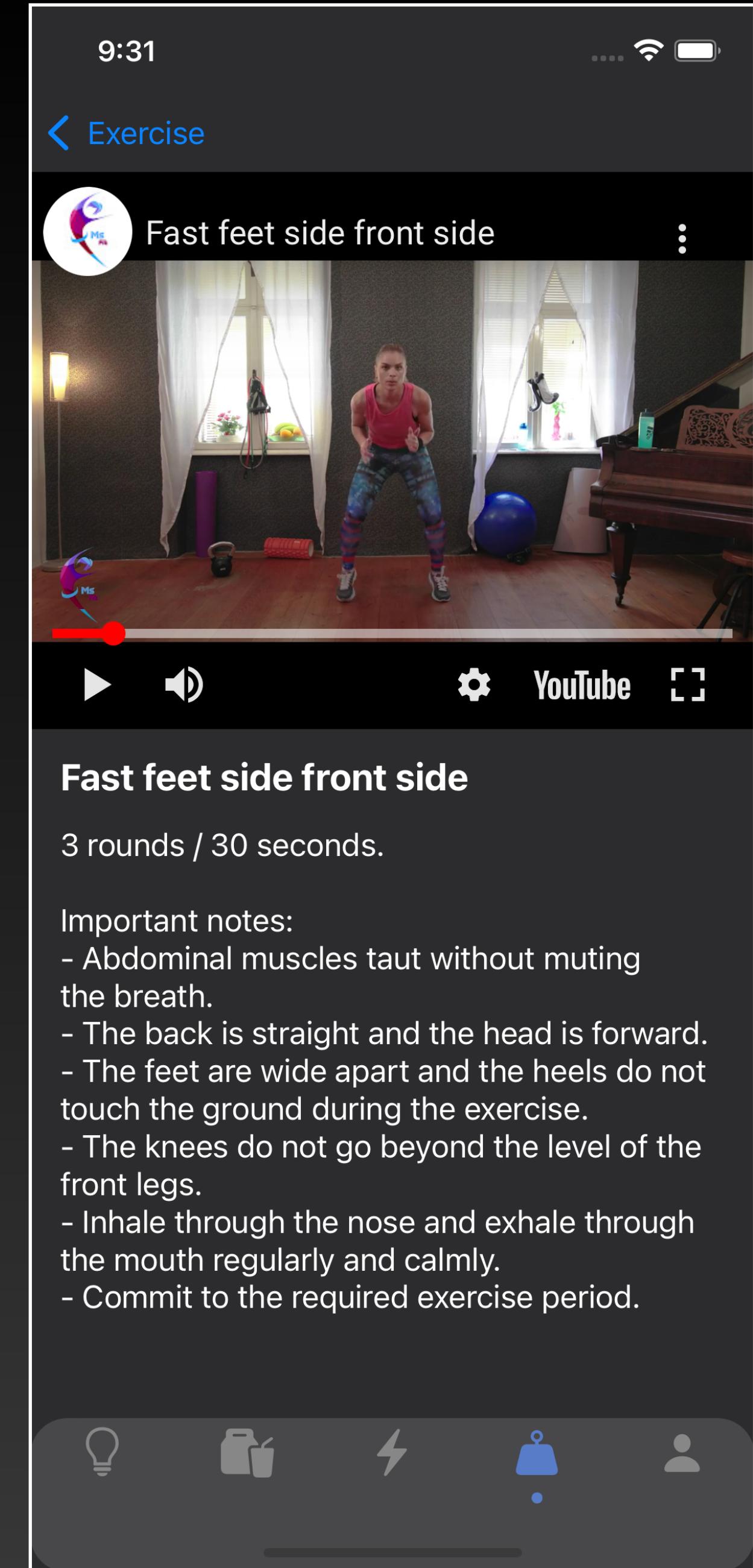


Fit Tip

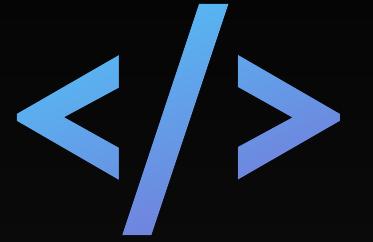
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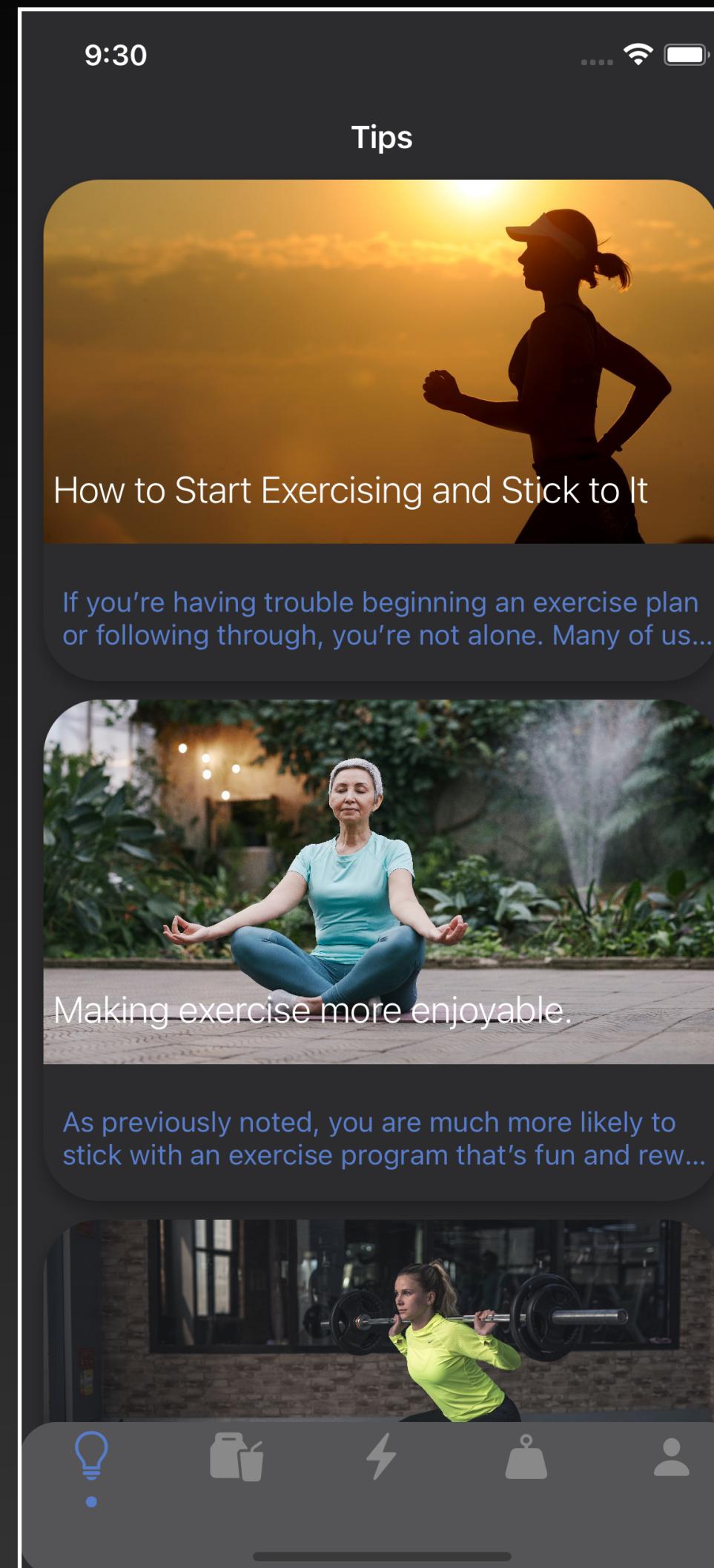
- Abdominal muscles taut without muting the breath.
- The back is straight and the head is forward.
- The feet are wide apart and the heels do not touch the ground during the exercise.
- The knees do not go beyond the level of the front legs.
- Inhale through the nose and exhale through the mouth regularly and calmly.
- Commit to the required exercise period.





Fit Tip

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< Tips Stay motivated to exercise.

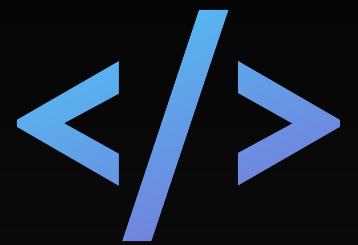


No matter how much you enjoy an exercise routine, you may find that you eventually lose interest in it. That's the time to shake things up and try something new or alter the way you pursue the exercises that have worked so far.

Pair your workout with a treat. For example, you can listen to an audiobook or watch your favorite TV show while on the treadmill or stationary bike.

Log your activity. Keep a record of your workouts and fitness progress. Writing things down or tracking them on an app increases commitment and holds you accountable to your routine. Later on, it will also be encouraging to look back at where you began.

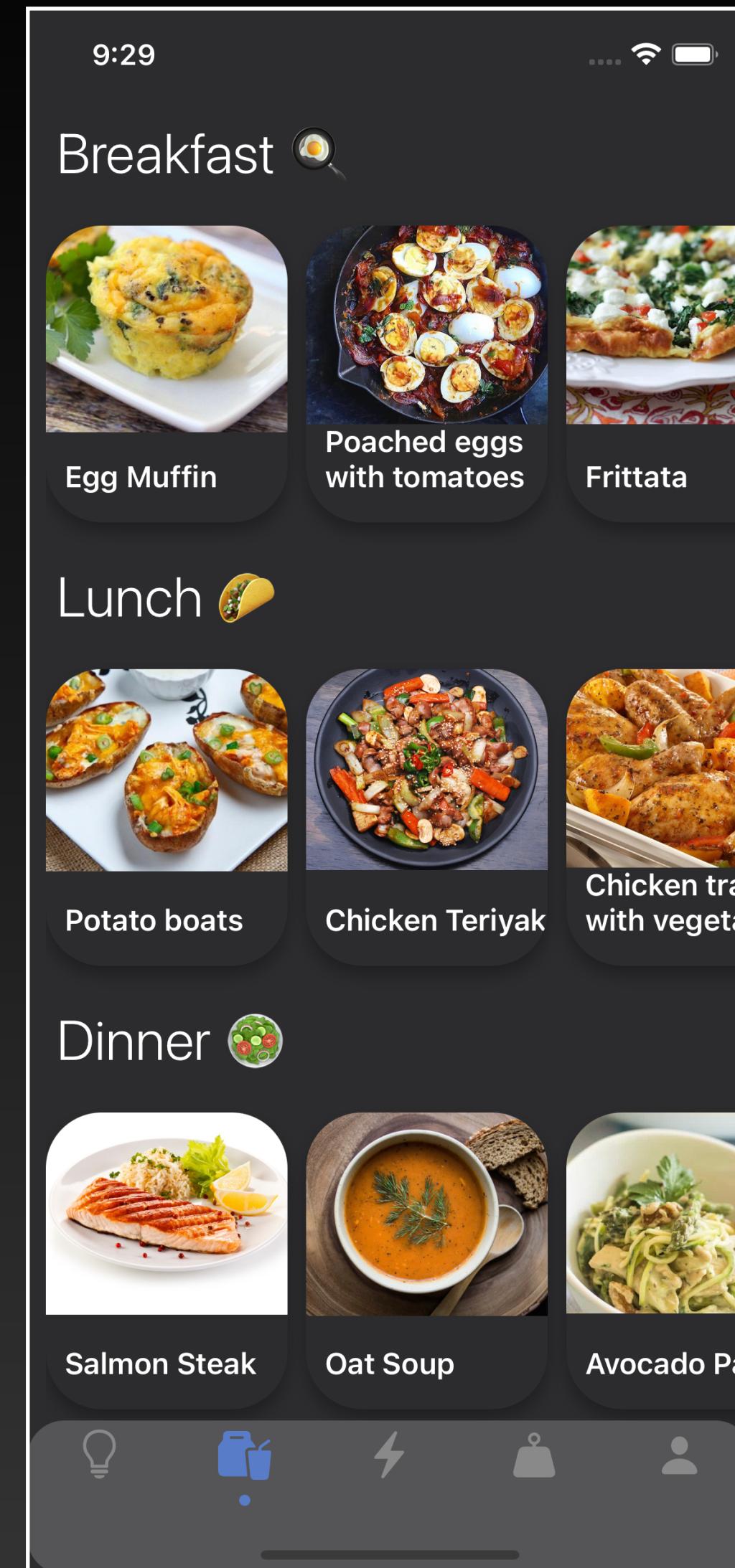
Harness the power of the community.





Fit Tip

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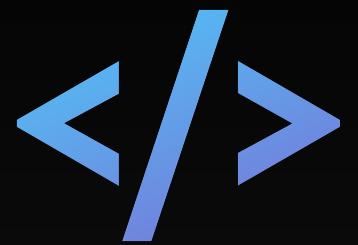
Salmon Steak

Quantity :

- Parsley 1 tbsp.
- 1/4 cup boiled rice.
- Honey 1/2 tbsp.
- Salmon.
- Lemon 1 piece.
- Garlic mashed 1 piece.
- Chili powder 1 tsp.
- Salt and black pepper 1 tsp.

Method:

- Mix honey, lemon juice, mashed garlic, black pepper, salt and chili powder.
- Marinate the fish and leave it in the refrigerator for an hour.
- It is preferable to use a non-stick frying pan and spray with olive oil, then put the salmon steak and cover it.
- After the first side is flat, flip it over.
- Served with boiled rice





Fit Tip

Google 100 طويق

The image displays three screenshots of the Fit Tip mobile application, showing the Profile settings screen, the Sign Up screen, and the Sign In screen.

- Profile Settings Screen:** Shows a dark-themed interface with a top navigation bar containing a back arrow, "Profile", and "Setting". It includes a toggle switch for brightness and buttons for "Change Language" (blue) and "Sign Out" (red).
- Sign Up Screen:** Shows a light blue header with a user icon. Below it, there are fields for "Name", "Email", and "Password", followed by a "Register" button.
- Sign In Screen:** Shows a light blue header with a user icon. Below it, there are fields for "Email" and "Password", followed by a "Sign In" button and a link "Don't have an account? [Sign Up](#)".

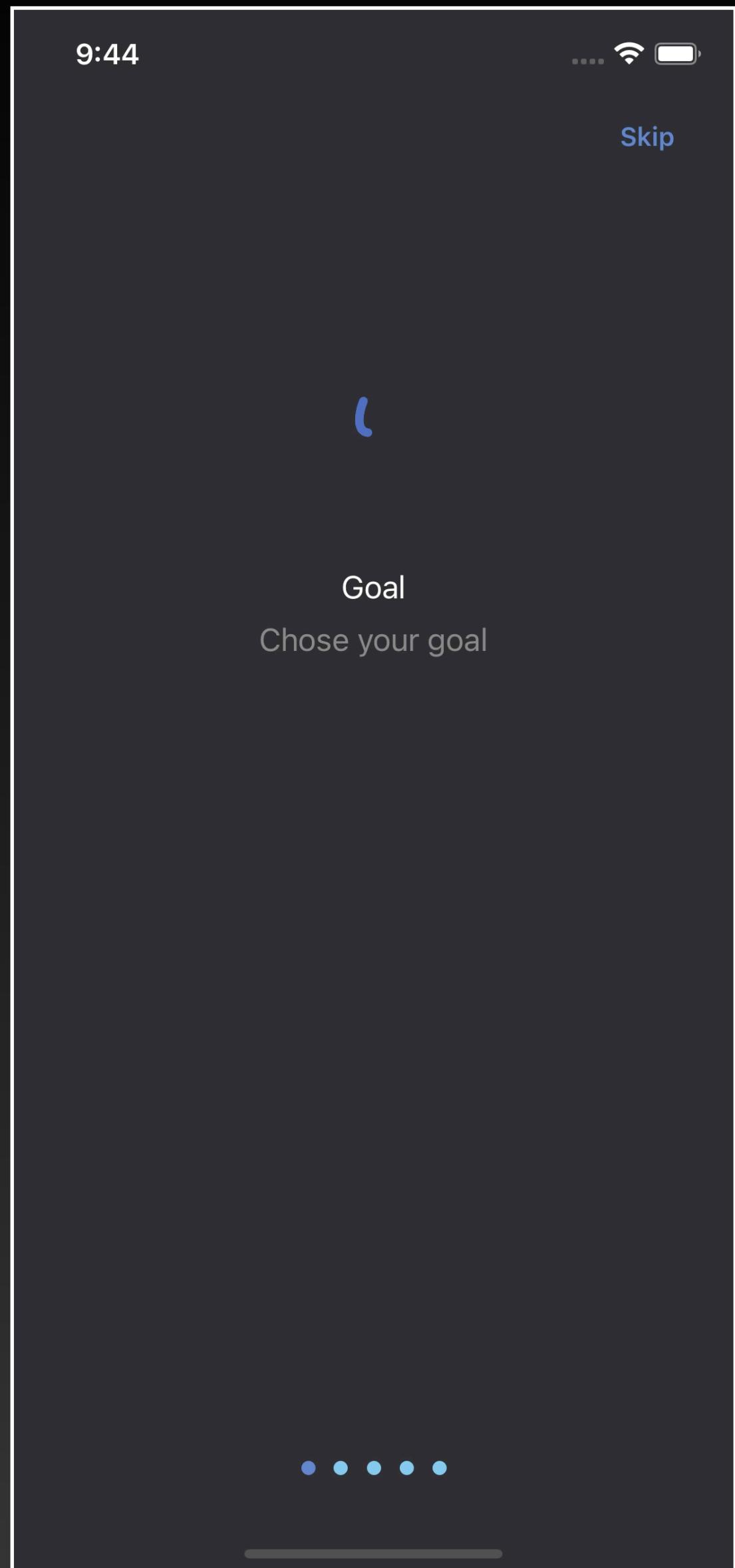
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Fit Tip

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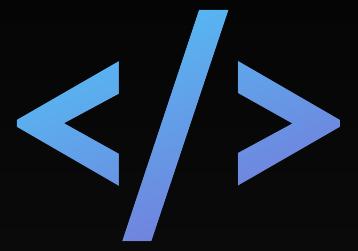
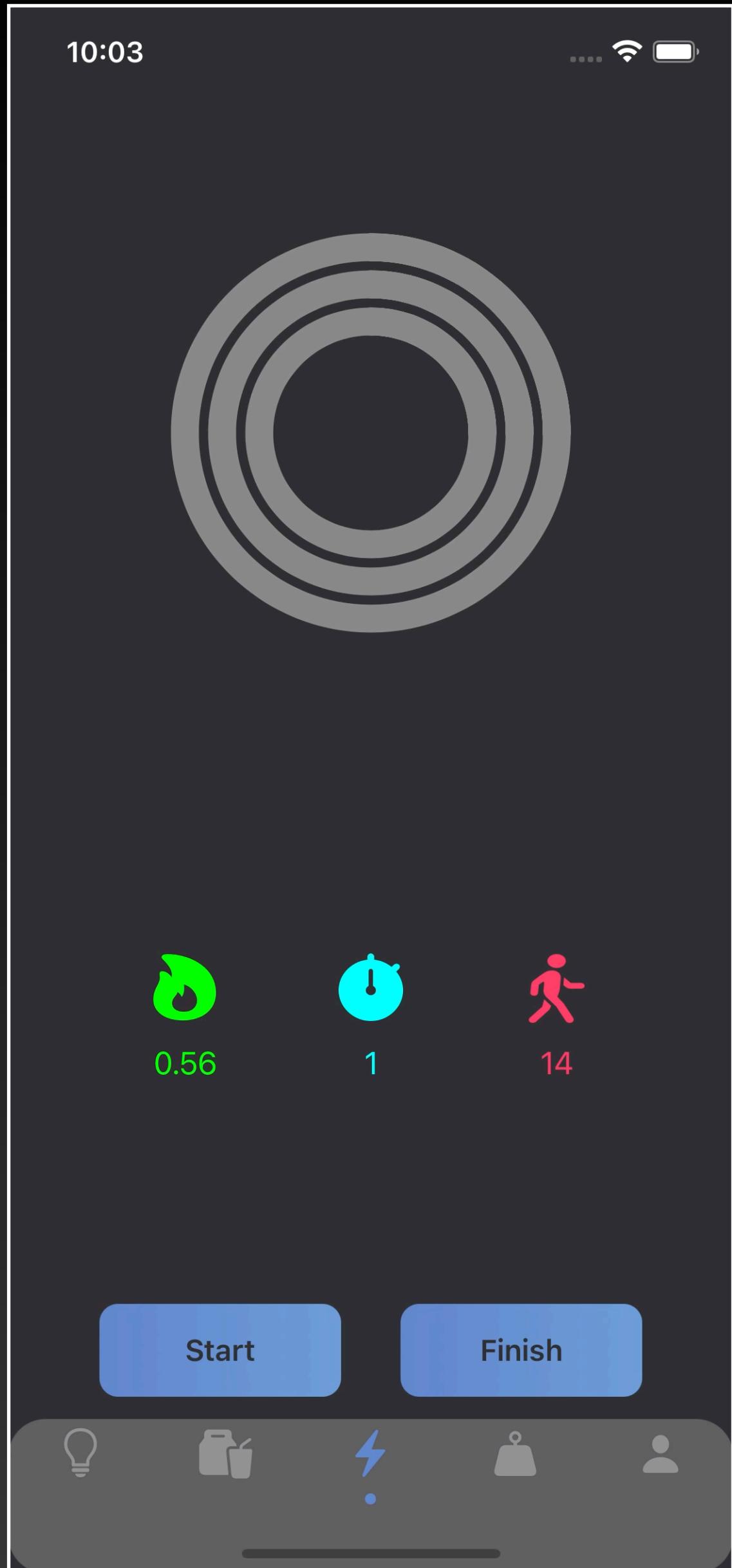


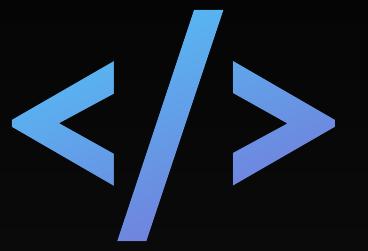


Fit Tip

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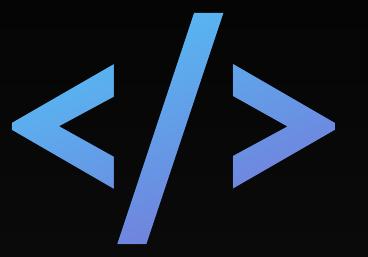
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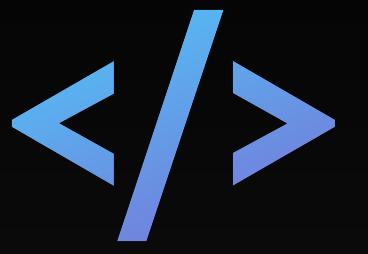


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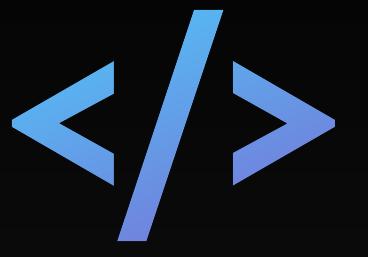
- YouTube
- GitHub
- Apple Developer Documentation



Challenges



Any
Questions ?



Thank You