

# IHateCleaning.ae on a Journey to Health and Wellness

DUBAI, UNITED ARAB EMIRATES, February 23, 2024 /EINPresswire.com/ -- [IHateCleaning.ae](#) believes that a [healthy mind and body](#) are essential ingredients for a productive and fulfilling life. That's why they recently organised more training for their homecare teams on the importance of mental wellbeing, physical fitness, and balanced nutrition. The sessions were led by one of Dubai's foremost personal trainers.



IHateCleaning.ae on nutrition and fitness session

The company understands the unique challenges its cleaners face. Many of them send most of their hard-earned salaries back to their home countries to support children and other family members. IHateCleaning.ae is committed to equipping them with the knowledge and tools to take care of themselves. This is especially important considering that their home countries often lack free healthcare or comprehensive medical insurance schemes. That can make the financial burden of getting sick devastating for an entire family.

During the sessions, the trainer delved into the importance of a healthy diet to provide the fuel for a full day of hard work. He explored the significance of hydration and recovery in achieving overall fitness. And emphasised the need for the cleaners to prioritise selfcare in their busy schedules.

The focus was not just on theory but on practical tips as well. The cleaners learned how to create a full daily workout routine in a two square metre space, without the need for equipment. IHateCleaning.ae wants to empower their teams to stay active and fit without any barriers.

IHateCleaning.ae is not only about five-star cleaning services, but also about fostering a culture of wellbeing and empowerment among its team members. By investing in their health and fitness, the firm aims to create a supportive environment where everyone can thrive, professionally and personally. IHateCleaning.ae is on a journey towards a healthier, happier, and more vibrant future, [to help change the cleaning sector for good](#).

Driving Growth PR  
Driving Growth FZ-LLC  
+971 4 450 8566

[email us here](#)

Visit us on social media:

[Facebook](#)

[LinkedIn](#)

[Instagram](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/690743286>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.