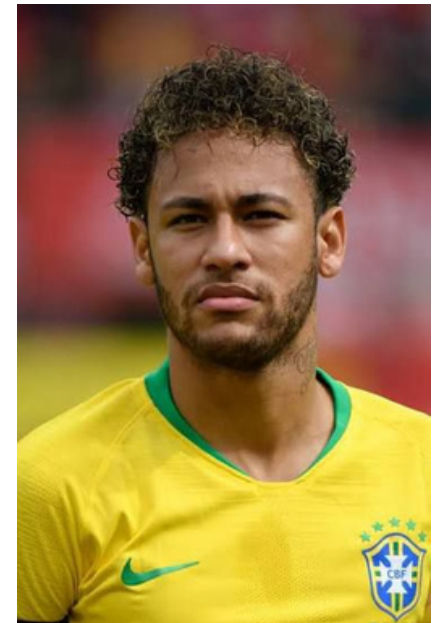



Neymar

Introduction

- Neymar da Silva Santos Júnior is a Brazilian professional football player.
- Plays as a forward and winger.
- Known for speed, dribbling skills, creativity, and goal scoring.
- Considered one of the best footballers of his generation.



Daily Lifestyle



Maintains a disciplined athletic lifestyle.



Regular football training.



Balanced nutrition plan.



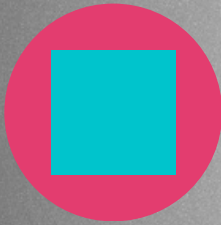
Recovery and sleep routines.



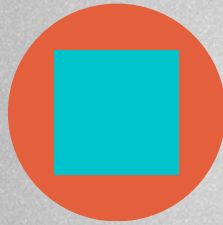
Injury prevention exercises.



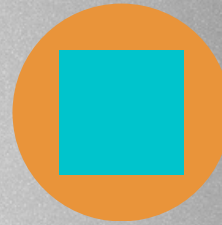
Daily Schedule



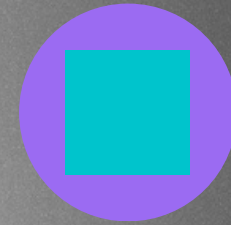
Morning: Wake up early and training session.



Afternoon: High-protein lunch and recovery time.



Physiotherapy or gym workout.



Evening: Team training and match preparation.

Nutrition Plan

- Breakfast: Eggs, whole grains, fruits, milk or juice.
- Lunch: Chicken or fish with rice or pasta.
- Vegetables included daily.
- Healthy snacks like yogurt, nuts, and fruits.



Calories & Supplements

- Daily calories: about 3,000–4,000 calories.
- Protein shakes for muscle recovery.
- Electrolyte drinks for hydration.
- Vitamins and Omega-3 for health support.



Exercise Routine

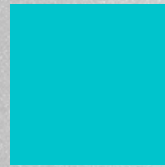


- Football training: dribbling, passing, shooting.
- Strength training for muscle development.
- Speed and agility exercises.
- Core workouts for balance and stability.

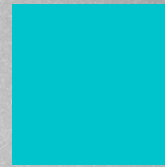
Recovery Routine



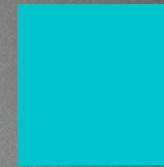
Stretching after training.



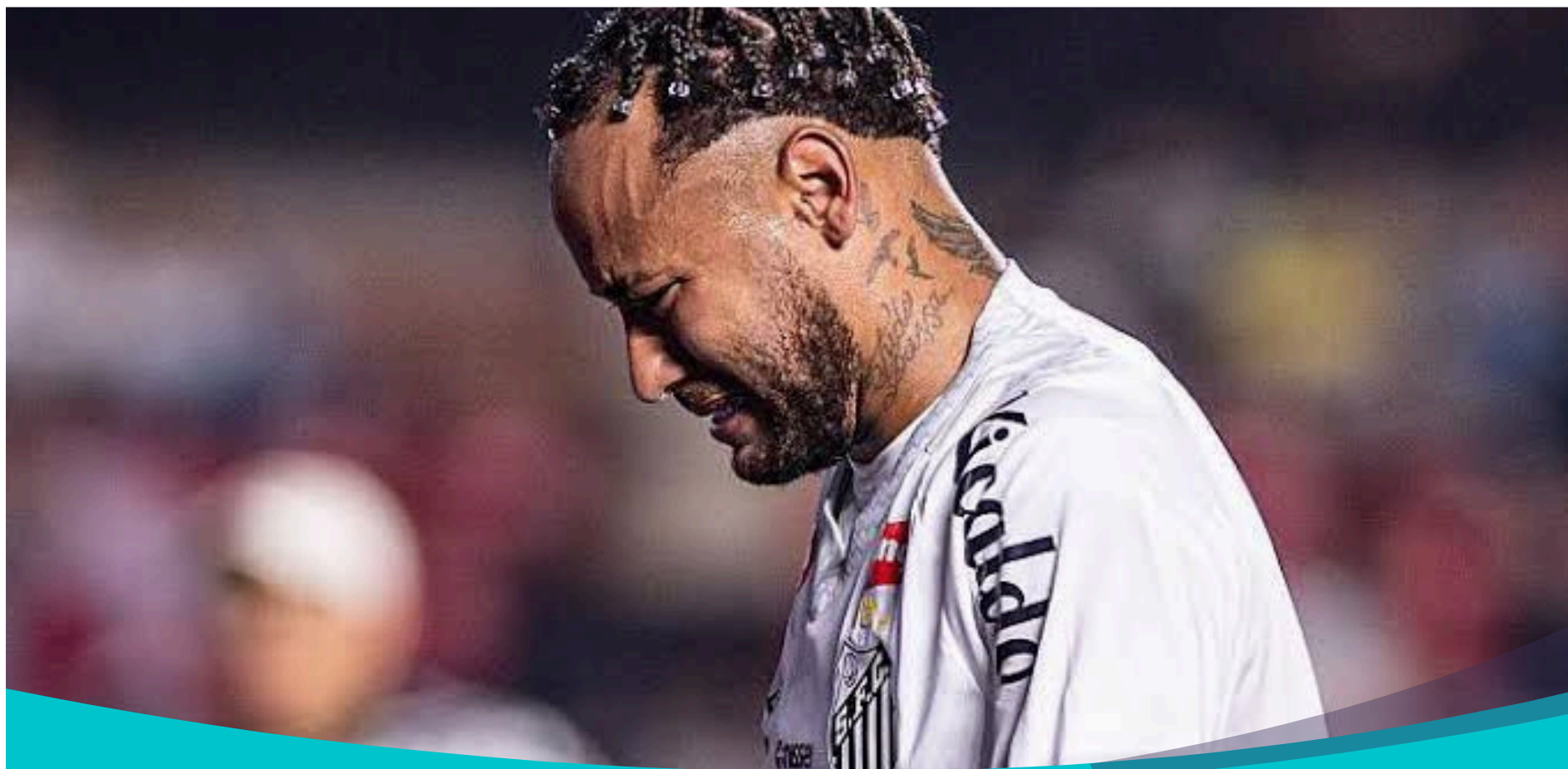
Massage therapy for muscles.



Ice baths to reduce fatigue.



Sleep 7-9 hours daily for recovery.



Thank You

Thank you for your attention.