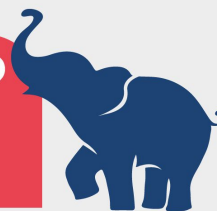




Our thanks to Sarah Chantler,
Registered Dietician for her help
in producing this piece of work

How Do You Eat an Elephant? One Bite at a Time.



Four Nudges to an Improved Performance



Bring a bottle to training

This is a good habit for all athletes – water or any other fluid, but just bringing a bottle to start. It begins a process of thinking about all the things to pack and prepare for sport.

Make time for snacks

Make time for your snacks before or after training; speak to your coach to create a safe food space. A safe food space means that there are no good or bad foods. Just food. As with the bottles, once the habit is in place, there is more time to slowly nudge the choice of snack. Look at what your training partners are eating.



Share the travel menu beforehand

Planning and preparation are important, ask your coach for menu suggestions or travel ideas. Consider your travel route and choose a meeting location and rest breaks that allow you to make good eating choices.

Check energy levels

If you're tired, consider when you last ate and drank; are you becoming tired and fatigued due to lack of planning and eating before training and competition? Performance athletes tend to do some form of reflection on their well-being, perception of exertion after a session, muscle soreness after exercise. Start creating a habit of physical and mental check-ins, this will help you to understand the feedback your body and brain are trying to give you.

