SIGNS YOU ARE FUELLING WELL

FUELLING FOR YOUR PERFORMANCE

- Restful sleep and faster recovery
- Maintaining a strong and thriving body
- Healthy libido and balanced hormones
- Maintaining your regular menstrual cycle
- Consistent motivation, mood, and resilience
- Supporting training and recovery
- Sharp and focused mind
- Fewer injuries and illness
- Improved fitness

FUELLING CAN BE ENHANCED BY:

- Learning to cook nutritious meals within your budget
- Planning and preparing training snacks, drinks, and meals
- Matching fuelling to your training load
- Advocating for fuelling breaks in training
- Learning to fuel your body in different training environments e.g., heat, altitude, international travel
- Contacting a NZ Registered Nutritionist/Dietitian to check your nutrition practices around training

HIGH PERFORMANCE
SPORT NEW ZEALAND