ARE YOU EATING ENOUGH TO FUEL YOUR PERFORMANCE?

FACTORS THAT CAN MAKE FUELLING CHALLENGING...

- altered training load
- altitude or heat training
- interstate or overseas travel
- difficulties shopping for food
- new training squad or location
- changed eating habits for any reason
- unpredictable or change to work / study routines

- limited kitchen access or cooking skills
- moving out of home or changed living arrangements
- unsure how to execute your sports nutrition plan
- financial hardship

WARNING

UNDER-FUELLING CAN NEGATIVELY IMPACT YOUR PERFORMANCE & HEALTH

NEXT STEPS...

FUEL CHECK

Speak to your sports dietitian who has expert knowledge in helping you to match your fuelling needs to training and competition

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