WINTER HEALTH KEY PO





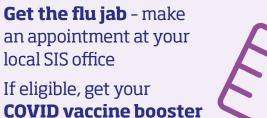
* HANDS, FACE, SPACE



Keep your hands clean and use hand sanitiser that is at least 75% alcohol-based.



Avoid indoor spaces or contact with others if you have any cold/flu like symptoms



* VACCINES



Consider **wearing a mask** (covering your mouth and nose) when indoors, especially in poorly ventilated spaces, or on public transport.

* SLEEP

Prioritise rest and understand your sleep needs. Get enough good quality sleep to help your body recover, maintain your immune system and to perform well.



* NUTRITION



Support your immune system and performance with good nutrition.

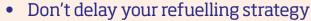


Eat a wide range of fruit and vegetables to maintain your health during the winter.



• Include protein rich foods in you main meals and snacks

Be appropriately fuelling for each training session



Maintain hydration and avoid sharing drinks bottles

