

HEALTHY TIPS FOR ATHLETES



**STRONG BODY. STRONG MIND.
STRONGER YOU.**

Peak performance begins with healthy daily habits.
Fuel well. Train smart. Recover better. Live stronger.



1 PRIORITIZE PROPER HYDRATION



- Drink water consistently throughout the day.
- Increase fluids in hot weather or long practices.
- For prolonged intense exercise (>60–90 min), consider electrolyte replacement.
- Monitor urine color: pale yellow usually suggests good hydration.

2 EAT A BALANCED PERFORMANCE DIET



FOCUS ON:

- Complex Carbohydrates**
Oats, Brown rice, Whole grains, Fruits
- Lean Proteins**
Fish, Chicken, Eggs, Beans, Greek yogurt
- Healthy Fats**
Nuts, Avocados, Olive oil, Seeds
- Plenty of vegetables & fruits for antioxidants & micronutrients.

3 NEVER SKIP RECOVERY



- Rest days are essential.
- Stretch after workouts.
- Use active recovery:
 - Walking
 - Light cycling
 - Mobility work
- Consider foam rolling and massage therapy.

4 SLEEP LIKE AN ELITE ATHLETE



Sleep strongly affects:

- ✓ Reaction time
- ✓ Strength
- ✓ Recovery
- ✓ Hormonal balance
- ✓ Injury prevention

GOAL:

Teen athletes: 8–10 hours
Adults: 7–9 hours

SLEEP TIPS:

- Maintain a regular bedtime.
- Avoid screens before sleep.
- Keep the room cool and dark.

5 WARM UP & COOL DOWN PROPERLY



BEFORE EXERCISE:

- Dynamic stretching
- Light jogging
- Sport-specific drills

AFTER EXERCISE:

- Gentle stretching
- Gradual cool-down
- Rehydration

6 TRAIN SMART – NOT JUST HARD



Overtraining may cause:

- Fatigue
- Injury
- Poor performance
- Mood changes
- Sleep problems

SMART TRAINING INCLUDES:

- ✓ Progressive intensity
- ✓ Cross-training
- ✓ Proper technique
- ✓ Scheduled recovery periods



7 PROTECT HEART HEALTH



Seek medical evaluation if experiencing:

- Chest pain
- Fainting during exercise
- Unexplained shortness of breath
- Palpitations
- Family history of sudden cardiac death

Young athletes especially benefit from periodic sports physical evaluations.

8 AVOID ENERGY DRINK OVERUSE



Excess caffeine and stimulants may:

- Increase heart rate
- Raise blood pressure
- Trigger palpitations
- Cause dehydration

Water and balanced nutrition are usually sports performance foundations.

9 MAINTAIN MENTAL HEALTH



Helpful habits:

- Stress management
- Positive self-talk
- Team support
- Healthy balance between sports and life
- Seeking help when overwhelmed

*Strong mind.
Better performance.*

10 CONSISTENCY BEATS EXTREMES



Long-term success comes from:

- Healthy routines
- Discipline
- Proper recovery
- Gradual improvement

*Small daily habits
outperform short
bursts of extreme
training.*



HEART-HEALTHY ATHLETIC HABITS ESPECIALLY IMPORTANT FOR YOUTH ATHLETES



Regular
physical
exams



Healthy
blood
pressure



Balanced
nutrition



Avoid
smoking /
vaping



Maintain
healthy
weight



Recognize
symptoms
early

DAILY ATHLETE CHECKLIST

- ✓ Hydrate well
- ✓ Eat balanced meals
- ✓ Warm up properly
- ✓ Train with good technique
- ✓ Sleep adequately
- ✓ Recover intentionally
- ✓ Listen to your body
- ✓ Protect mental health
- ✓ Avoid overtraining
- ✓ Stay consistent



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HEALTHY HABITS TODAY

♥ STRONG PERFORMANCE TOMORROW

♥ HEALTHY HEART FOR LIFE