

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