



YOUR WELLBEING MATTERS

Being an athlete is a balancing act across many things drawing on your time, energy and resilience.

When we feel in balance we are happier, healthier, and better connected through our relationships and communities.

This balance nurtures body, mind and spirit, supporting our progress toward our goals.

Thriving in high performance sport includes sustained high levels of performance and dimensions of wellbeing (such as autonomy, personal growth and mastery/competence), directly related to health.

Ask yourself

What does being healthy mean to you?

How does this affect your training/ performance?

Taking an all-encompassing concept of health and wellbeing – Hauora, what value or meaning does this have for you?

As an athlete how do you think being aware of your overall balance can guide and support you on your performance journey?



***FINDING BALANCE
TO SUSTAIN PERFORMANCE***