



FUEL. MOVE. RECOVER.

Small habits that support a healthier routine.

FITNESS IS MORE THAN THE WORKOUT

FUEL. MOVE. RECOVER.

We often focus on the workout itself, the weights we lift, the miles we run or the sessions we complete. But what happens outside of training can be just as important to a balanced fitness routine. Eating well, staying hydrated, getting enough rest and giving your body time to recover all play a part in helping you feel ready for your next session.

You don't need to completely overhaul your lifestyle either. Simple habits such as drinking more water, building balanced meals around whole foods, maintaining a regular sleep routine and making time to unwind can all add up.

Think of wellness as the foundation that supports your training. **Move well, fuel yourself properly, recover and repeat.**

THIS WEEKS FOCUS

• Nutrition — Fuel your training • Hydration — Don't overlook the basics • Recovery — Give your body time to reset

DO YOU REALLY NEED SUPPLEMENTS?

Making sense of Supplements

Walk into any health shop and the choice of vitamins, powders and supplements can feel endless. Protein, creatine, multivitamins, electrolytes, vitamin D, where do you actually start?

Supplements are exactly that: something intended to supplement your diet, rather than replace a varied and balanced one.

Your individual needs can also vary depending on your diet, lifestyle and circumstances, so more isn't automatically better. Some nutrients can be harmful when taken in excessive amounts, and supplements can interact with medicines.

Before adding something to your routine, understand what it contains, why you're considering it and whether you actually need it. If you're unsure particularly if you take medication, have a health condition, are pregnant or have specific dietary needs speak to a pharmacist, GP or registered dietitian.

SPORTO'S QUICK TIP

Food First.

Before reaching for another supplement, look at the basics. Are you eating a varied, balanced diet? Drinking enough? Getting enough sleep? Eating enough to support your activity?

Supplements can have a place, but they shouldn't distract from the everyday habits that form the foundation of good nutrition and wellbeing.

Small, consistent choices often make the biggest difference. Focus on building healthy habits you can maintain, rather than searching for a quick fix.

