

FORMER DAREBIN FALCONS VFLW AND WESTERN BULLDOGS AFLW PLAYER
AFLW WELLBEING & PERSONAL DEVELOPMENT ASSISTANT ST.KILDA FC
REMEDIAL MASSAGE THERAPIST



1. Start the day with a walk

A walk before I start my day helps me feel refreshed & ready to go. It allows me to switch off and switch in to the world around me; it helps warm up my mind & body so I'm ready to tackle what's ahead for my day. I sometimes don't even take my phone, so I can notice more what's around me like nature & scenery and can be in the moment more.

2. Eat well

I include protein with every meal for muscle repair and building (eg chicken, tuna, eggs, dairy, quinoa, chia seeds, nuts (LSA)). To be a little healthier, I usually make some homemade protein balls & add a daily smoothy with fruit and protein powder, for my sugar fix.



3. Drink green tea

I drink green tea, morning, afternoon & a decaffeinated tea before bed. Green tea helps with joint inflammation, builds up antioxidants to detox my body & is a form of hydration for your body.

4. Remember to relax

I take an afternoon walk or bike ride to get out of the house; tune into my favourite music - pump myself up & get into dance mood, or calm down with slow/chilled out music; I listen to podcasts to educate & inform, or distract me from my own routine, life issues. Meditating, mindfulness and reflection also help me switch off.



5. Stretch & core exercises before bed

I use this time to slow down & get in tune with my body. Core exercises help to strengthen & prevent injury. Then stretching helps with flexibility, loosens my tight & sore muscles & generally gives my body permission to relax.

