

DAREBIN FALCONS VFLW PLAYER  
NURSE AND MIDWIFE

#StrongGirlsWIP

## 1. Funky tunes

Nothing gets me more up and about than a perfectly curated playlist of upbeat music. Whether it's something playing while getting ready for the day or during a run or workout, listening to songs that get me moving are a big motivator. Operator by DJ Koze is a big feel good running tune for me.

## 2. Eat well and enjoy food

When my Nonna makes a mean pasta with meatballs, I can't say no. I try my best to find a nice balance between eating healthy but ensuring I eat food I enjoy. I find if I plan my meals and use a range of ingredients, I can make food that is healthy and delicious. Coconut dahl with brown rice is my yummy and easy go to dinner at the moment.

## 3. Mates motivate

I really enjoy combining catching up with friends and exercise. I find it's a great way to keep in touch with mates while helping motivate one another to keep fit. I run regularly with a friend and often kick the footy with my Dad. I really like the company as well as the challenge.

## 4. Fresh air

I try to get out for a walk after a long shift or spend my lunch breaks outside. Getting fresh air and some sunshine helps me clear my head and leave a busy work day behind. I find it really improves my mental wellbeing.

## 5. Decent sleep

I value my sleep massively and notice a drastic change in my energy levels when I focus on getting adequate amounts of rest. Throw some fresh sheets and a "rain sounds" compilation in the mix and I'm all set for a big, deep snooze.

