



FITNESS FOR PEAK PERFORMANCE

PRESENTED BY

DENISE LALONDE

REGISTERED HOLISTIC NUTRITIONIST AND CERTIFIED PERSONAL TRAINER

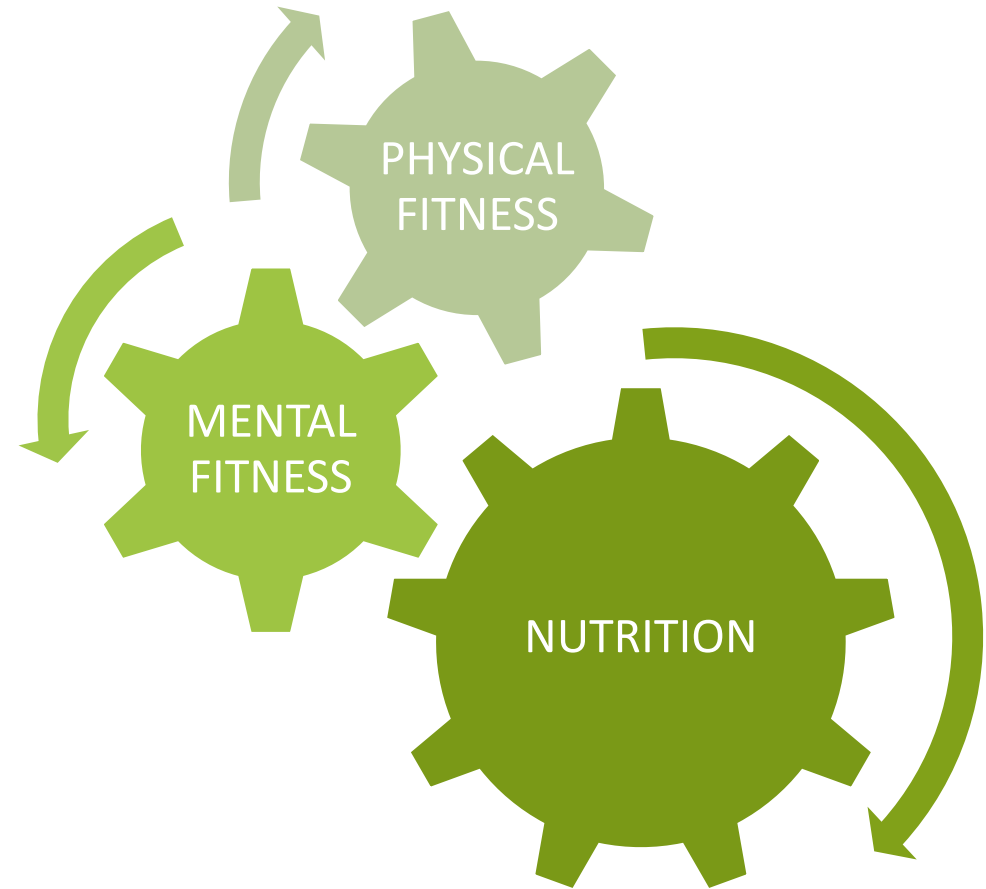
PEAK MENTAL AND PHYSICAL FITNESS

TODAY'S DISCUSSION...

- **Fueling and training your body**
- **Fueling and training your mind**
- **Psychological preparation for a game**
- **Post game analysis**

THE MIND BODY CONNECTION

- Your BIOGRAPHY becomes your BIOLOGY
- Change your MIND and change your OUTCOME (physically and mentally)
- FEED your BODY and your MIND



MENTAL FITNESS

During a game, the MIND is asked to push MENTAL BARRIERS such as

FOCUS - COMPOSURE - DECISION MAKING

BEING A TOP PERFORMER REQUIRES MENTAL FITNESS!

So...What is Mental Fitness? And how can YOU achieve it?

ACHIEVING MENTAL FITNESS...

MENTAL FITNESS CHECK-UP

- How do you PREPARE?
- How do you SHOW UP?
- How do you LEAVE?
- What do you do between games?

MENTAL FITNESS CHECK-LIST (PSYCHOLOGICAL PREPARATION)

- The time of waking up
- Nutritional intake
- Confidence and Concentration build-up
- Time of arriving to the field
- Crew speech
- Warm-up
- Specific near-performance routines/rituals
- Post-game analysis and assessment
- Ongoing mental stimulation, mindfulness, and stress management

PHYSICAL FITNESS

During a game, the **BODY** is required to push beyond **PHYSICAL BARRIERS** to be

PROACTIVE – RESPONSIVE – ENDURING

BEING A TOP PERFORMER REQUIRES PHYSICAL FITNESS!

So...What is Physical Fitness? And how can YOU achieve it?

ACHIEVING PHYSICAL FITNESS...

PHYSICAL FITNESS CHECK-UP

- What is your current level of physical activity outside of refereeing games?
- What types of activities are you doing? Do they support the demands of your role?
- Is recovery and regeneration part of your regime?
- What is the BEST type of exercise to do?
- Answer: the type you ENJOY!

PHYSICAL FITNESS CHECK LIST

- Level of enjoyment
- Time and resources
- Train SMART not HARD
- Keep it Simple
- Make it a priority...like your life depends upon it...because IT DOES!

THE IDEAL FITNESS PLAN FOR YOU

Agility

Speed

Quickness

Multi-
directional

Endurance

- Functional Fitness
- Tissue and Joint recovery and repair
- Rest days
- Strength training (body weight or equipment)
- Endurance (muscular AND cardiovascular)



NUTRITION

FOR

your BODY and
your MIND



DATE	PHYSICAL ACTIVITIES	DURATION
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

S - Specific
M - Measurable
A - Attainable
R - Realistic
T - Timely

MY GOALS

I confidently expect to _____ by _____
 and then _____ by _____

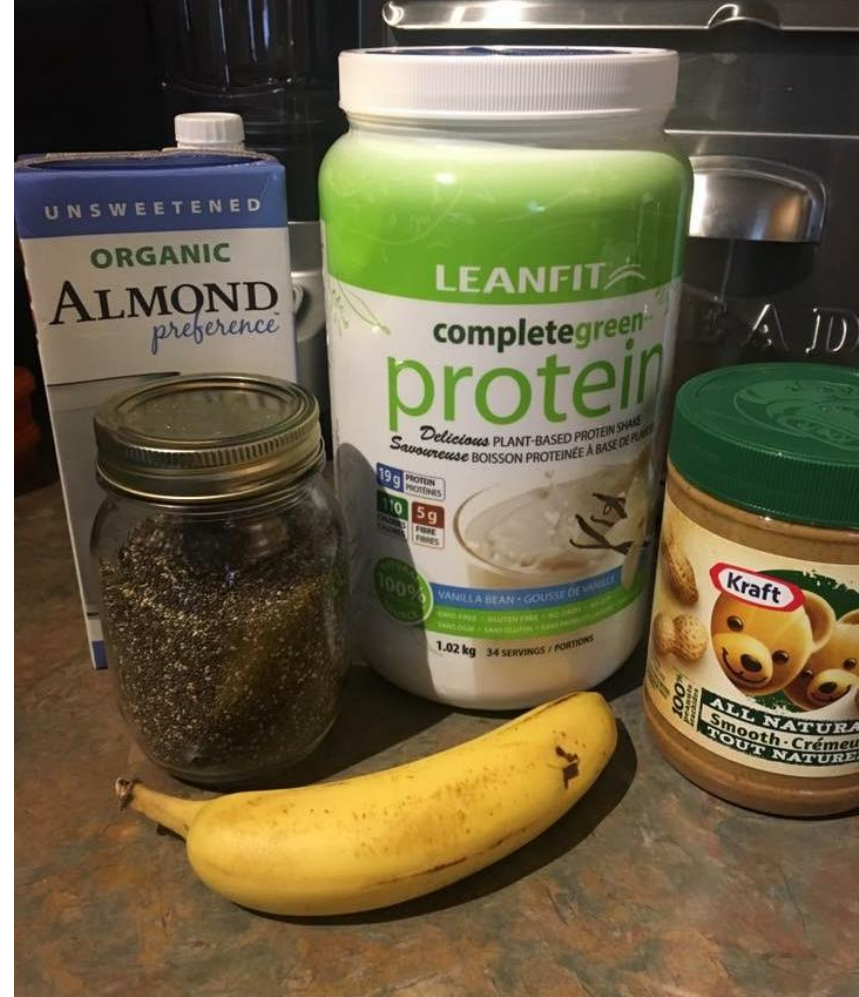
I plan to accomplish my goal by taking the following
 action _____

I am choosing to make this change because _____

DAILY NUTRITIONAL JOURNAL

DATE: _____ NAME: _____

MEAL	TIME	FOODS CONSUMED	DRINKS CONSUMED
MEAL #1			
MEAL #2			
MEAL #3			
MEAL #4			
MEAL #5			
MEAL #6			



NUTRITION STRATEGIES FOR SUCCESS

EVERY DAY

Nutrient Timing

Meals and Snacks

Shop, Chop, and Cook Days

Meal Plan

Pack a Cooler

GAME DAY

Nutrient Timing

Meals and Snacks

QUESTIONS