

# Stay Active Tips

We know you would prefer to be training and playing sport as normal, but in the meantime, you can do a lot of positive and enjoyable things to help you return to your sport, fitter and more technically proficient than ever before.

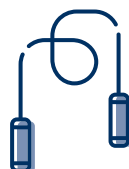
## 1. Mindfulness



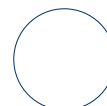
Learn how to meditate to improve the quality of your sleep, mental health and emotional wellbeing



## 2. Do circuit training at home



Use your imagination to set up a circuit using the floor, furniture



## 3. Develop skills



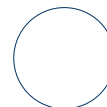
Watch videos to learn new skills and techniques for your sport, including previous world championships or finals series



## 4. Get flexible



Start with simple yoga moves, working within your limits, and you'll soon increase your flexibility and mobility



## 5. Research the best



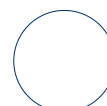
Research the training habits of the highest performers in your sport and learn about the current world standards and world records



## 6. Eat well



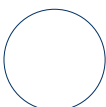
Research healthy recipes and learn how to shop for and cook healthy nutritious food (including effective hydration strategies)



## 7. Clean your equipment



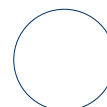
Get your equipment ready and in tip-top condition for when training and competition start again



## 8. Connect with team-mates



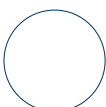
Support and inspire each other to keep training, stay well and feel connected by starting and ending each day with an online chat



## 9. Keep fit



Head outdoors and use open spaces to run, cycle, mountain bike, walk, climb or play with your dog - great for your immune system



## 10. Rehab injuries



Look after any niggly injuries and prevent any new ones by doing 'prehab' exercises

