

# Healthy Bodies, Healthy Minds, Healthy Clubs



**"MAINTAINING YOUR MENTAL FITNESS  
IS NO DIFFERENT TO MAINTAINING  
YOUR PHYSICAL FITNESS  
- YOU NEED TO WORK ON BOTH  
CONSTANTLY"**

- EDIN CADOGAN, CORK

**"BREAKFAST IS THE MOST IMPORTANT  
MEAL OF THE DAY.  
I ALWAYS EAT PORRIDGE IN THE MORNING  
TO BOOST MY METABOLISM AND HELP ME  
GET THROUGH THE DAY."**

- LYNDESEY DAVEY, DUBLIN

## 5 ways of wellbeing:

### 1. Connect

Try to make a connection with those around you, in your squad and in your Club.

### 2. Be Active

Try get at least 60 minutes of moderate to vigorous exercise each day.

### 3. Take Notice

Taking notice can strengthen and broaden awareness. Be mindful of each skill you learn at training.

### 4. Learn

Continue to learn all the time. Set personal goals in life and in sport and try to learn from others around you.

### 5. Give

People who help others are more likely to be happier people. Try commit to an act of kindness each week.