

Your Health on Tour



Nutrition is key when it comes to health, and fuelling your body for training & performance. Ensure you have a balanced diet, following your usual patterns.

Balanced Healthy Diet



Rest & Recovery is key to staying healthy and ensuring you are best prepared for training and competition. Make sure you stick to your recovery as you would at home.

Rest & Recovery



Good Hygiene

Keeping good hygiene on tour is important for many reasons. Always remember to wash hands and shower daily to stay fresh and healthy.