



# ATHLETE DEVELOPMENT & WELL BEING



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## Fuelling & Recovery

### Tips

- Eat to train, Eat to perform
- Eat enough food for growth and physical activity levels
- Eat plenty of fruit & vegetables; eat at least 5 or more servings a day
- Eat lots of different coloured fruits and vegetables
- Regular meals and snacks are important. Snacks are particularly important before and after exercise
- Eat a meal 3-4 hours before training or competing
- Eat a snack 45-75 minutes before training or competing
- Eat within 30 minutes after training or a game to re-fuel
- Recommended daily iron intake: Girls (14-8yrs) – 15mg/day, Boys (14-18yrs) – 11mg/day

### Carbohydrates

- “Go food”
- Before, during and after training or competition fuel with **carbohydrates**.
- **Carbohydrates** are the main source of energy the body requires – at least 60% of your diet.
- Main source of fuel for the brain and muscles
- Wholegrain **carbohydrates** better choice
- Sources of **carbohydrates**:
  - ✓ Fruit
  - ✓ Rice
  - ✓ Pasta
  - ✓ Root vegetables – potatoes, kumara etc
  - ✓ Grains & cereals
  - ✓ Breads



## Protein

- “Grow food”
- Needed for muscle growth and repair – aids in muscle recovery after exercise
- Eat quality **protein** foods for growing muscles eg beef, chicken, fish, eggs, legumes, nuts and seeds
- 1-2gm of **protein** /kg body weight/day eg 60kgs requires 60-120gms **protein** /day

### Foods containing approx 10g of protein:

ANIMAL FOODS	PLANT FOODS
2 small eggs	4 slices (120g) wholemeal bread
30g (1.5 slices) low fat cheese	3 cups (90g) wholegrain cereal
70g cottage cheese	2 cups (330g) cooked pasta
1 cup (250ml) low fat milk	3 cups (400g) cooked rice
35g lean beef, lamb or pork (cooked weight)	3/4 cup (150g) lentils or kidney beans
40g lean chicken (cooked weight)	200g baked beans
50g grilled fish	120g tofu
50g canned tuna or salmon	60g nuts or seeds
200g low fat yoghurt	1 cup (250ml) soy milk

*Reference: Sports Nutrition for New Zealand Athletes and Coaches, J. Pearce, I. Hellemans & N. Rehner, Raupo Publishing, 2002.*

## Fat

- Fats are found in animals and plants
- Source of energy - fat stores are utilised in exercise once carbohydrate stores are depleted
  - Occurs in long duration aerobic exercise
- Not needed in recovery meal
- Good fats should be included in a healthy balanced diet
- Aids in satiety
  - Saturated Fat
  - Mainly animal foods
  - Fat on meat, takeaways, potato chips
- Unsaturated Fat
  - Mainly plant products
  - Vegetable oils, nuts, seeds, avocado, oily fish



## Nutrition before Exercise - Fuel

Meal ideas: 3-4 hours before

- Small bowl of **pasta/rice**
- Roast **vegetable** salad
- Baked **potato** with filling (eg **baked beans, corn**)
- **Bread roll** - fillings (**chicken** or **tuna** or **beef**, salad)
- **Toasted sandwich** - fillings **ham, cheese, sweetcorn, baked beans**
- **Corn thins** – toppings **peanut butter, cheese, avocado**



Snack ideas: 1-2 hours before

- **Fruit** and **yoghurt**
- **Fruit** smoothie
- **Banana**
- **Creamed rice** with **fruit**
- Small bowl of **cereal** with **fruit** and **milk**
- **Nuts** and dried **fruit**
- **Cereal bar** with **nuts**



## Nutrition after Exercise - Recovery

Best within 30 minutes after training or a game – include a good **protein** source to aid muscle recovery

- **Yoghurt** and a **banana**
- **Flavoured milk** and **fruit**
- Homemade smoothie with **fruit, milk** and **yoghurt**
- Wholegrain breakfast **cereal** with **milk**
- **Chicken** and **salad sandwich**
- **Peanut butter** on **wholegrain toast bread**
- **Bread roll** with **meat/tuna**, salad.
- **Poached eggs** on **wholegrain toast**
- Replace fluid losses



### Homemade Smoothie Recipe

18g protein  
44g carbs

- 2 Tbsp of yoghurt
- 1 large banana
- 200ml low fat milk
- 2 Tbsp milk powder

Blend and serve cold



### Homemade Shake Recipe

17g protein  
31g carbs

- 2 Tbsp skim milk powder
- 2 Tbsp milo or Nesquik
- 200ml low fat milk

Blend/shake and serve cold



### Example of a Typical Day – Athlete

Time	Event	Advice
6am	Pre early morning training	Bread with jam and/or honey OR a banana AND water
6.45am	Early morning training 60mins	
8am	Post train meal BREAKFAST (within 30 minutes of training)	Natural muesli with low sugar yoghurt, fruit and milk OR Poached eggs on wholegrain toast OR Cooked oats with low sugar yoghurt, fruit and a <u>hard boiled egg</u>
10am	Morning tea	Natural yoghurt and fruit OR Wholegrain crackers and cheese and tomato OR Homemade fruit muffin/loaf
12pm	Lunch	Wholegrain bread rolls/sandwiches with meat/tuna and salad OR Pasta/rice with meat and <u>veges</u> OR Roast vegetables and chicken salad
3pm	Pre train snack	Toast with banana or hummus OR Small bowl of cereal and milk OR Banana and yoghurt Water
4pm	Training 90minutes	750mls sports drink
5.30pm	Post training	Finish sports drink Yoghurt and fruit
6pm/6.30pm	Dinner	Lean meat and <u>vege</u> stir fry with rice or noodles OR Spaghetti Bolognese with salad OR chicken wraps



# HYDRATION

- Drink fluids to keep hydrated.
- Being hydrated before training and during competition ensures better quality performance.
- Water is the optimal choice and is important for rehydration
- Rehydrating is an essential part of recovery
- Suitable drinks for training, competition and recovery include:
  - Water
  - Mix of water and flavoured drink: 50% juice and 50% water
- Guide for fluid requirements:
  - 200-500mls prior to training or competing
  - 150-300mls during training or competing
  - 200-500mls directly after training or competing
  - 800mls to 1 litre in the hours following training or competing
- Sports drinks – only necessary when exercise is of a high intensity and long duration (over 60min)
  - Provides carbohydrate
    - 4-8% carbohydrate
    - 30-60gm per hour
  - Provides electrolytes.
    - Important for longer duration
    - 10-20mmol/L sodium

## NUTRITIONAL INFORMATION

Average Composition	per 200ml serving	per 100ml
Energy	245kJ (59cal)	123kJ (29cal)
Protein	0g	0g
Total Fat	0g	0g
Saturated Fat	0g	0g
Total Carbohydrate	14.4g	7.2g
Glucose	5.3g	2.7g
Fructose	3.4g	1.7g
Total Sugars	8.8g	4.4g
Glucose Polymers	5.2g	2.6g
Sodium	111mg (4.8mmol)	55mg (2.4mmol)
Potassium	45mg (1.2mmol)	23mg (0.6mmol)
Magnesium	10mg (0.4mmol)	5mg (0.2mmol)
Calcium	15mg (0.4mmol)	8mg (0.2mmol)

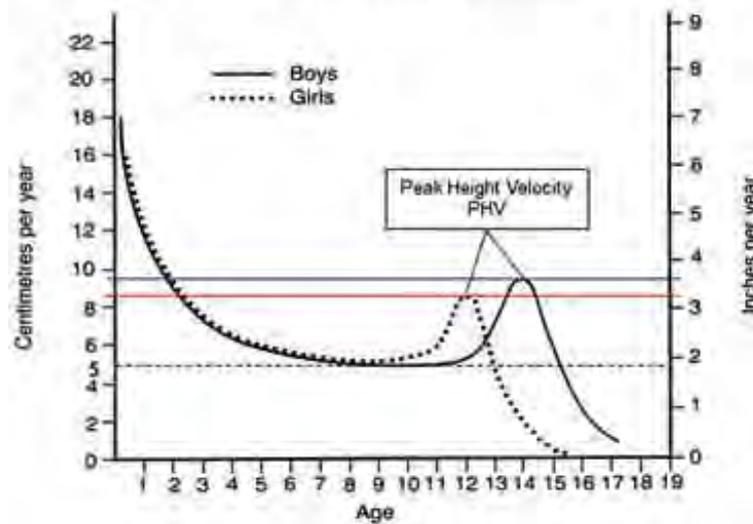
\*Orange Mango flavour





## Growth

### Age / Height Graphs



#### For girls

- A major growth spurt occurs at the time of puberty, between 8-13 years
- The physique can change significantly over this time
- Growth usually complete by 15 years (or around 2 years after menstruation commences).

#### For boys

- A major growth spurt occurs at the time of puberty, between 10-15 years
- Associated with an increase in muscle mass
- Growth usually complete by 17 years but highly individualised.

Puberty has a huge impact on athletic performance.

Pushing athletes too hard at this stage can be detrimental both physically and psychologically, especially when they are already dealing with major changes in their lives.





## Sleep in Adolescents

Adolescents are notorious for not getting enough sleep. The average amount of sleep that teenagers get is between 7 and 7 ¼ hours. However, they need between 9 and 9 ½ hours (studies show that most teenagers need exactly 9 ¼ hours of sleep). Teenagers do not get enough sleep for a number of reasons:

- **Shift in sleep schedule.** After puberty, there is a biological shift in an adolescent's internal clock of about 2 hours, meaning that a teenager who used to fall asleep at 9:00 PM will now not be able to fall asleep until 11:00PM. It also means waking 2 hours later in the morning.
- **Early high school start times.** The move to high school is accompanied by an earlier school start time. Some high schools start as early as 8:00 AM, meaning that some teenagers have to get up as early as 5:00 AM to get ready for and travel to school.
- **Social and school obligations.** Homework, sports, after-school activities (often occurring during the evening), and socializing lead to late bedtimes.

As a result, most adolescents are very sleep deprived. Sleep deprivation will impact on many aspects of your teenager's functioning:

- **Mood.** Sleep deprivation will cause your teenager to be moody, irritable, and cranky. In addition, she will have a difficult time regulating her mood, such as by getting frustrated or upset more easily.
- **Behaviour.** Teenagers who are sleep deprived are also more likely to engage in risk-taking behaviours, such as drinking, driving fast, and engaging in other dangerous activities.
- **Cognitive ability.** Inadequate sleep will result in problems with attention, memory, decision making, reaction time, and creativity, all of which are important in school.
- **Academic performance.** Studies show that teenagers who get less sleep are more apt to get poor grades in school, fall asleep in school, and have school tardiness/absences.
- **Drowsy driving.** Teenagers are at the highest risk for falling asleep at the wheel. Drowsy driving is the most likely to occur in the middle of the night (2:00 to 4:00 AM), but also in mid-afternoon (3:00 to 4:00 PM).

## How to help your teenager get enough sleep

- **Maintain a regular sleep schedule.** Your teenager should go to bed and wake up at about the same time each day. Her sleep schedule should also ensure adequate time in bed.
- **Avoid oversleeping on weekends.** Although catching up on some sleep on the weekends can be helpful, sleeping in until noon on Sunday will make it hard for your teenager to get back on a school schedule that night.
- **Take early afternoon naps.** A nap of 15-20 minutes in the early afternoon can be beneficial.
- **Turn off televisions, computers, and radios.** Television viewing, computer-game playing, internet use, and other stimulating activities at bedtime will cause problems falling asleep.
- **Avoid caffeine, smoking, alcohol, and drugs.** All of these cause sleep problems.





## For athletes

- Aim for a minimum of 8-9 hours per night to maximize muscle growth, repair and recovery. This will also help improve cognitive skills and concentration. All of these factors together can contribute to a lower rate of athletic injuries
- Lack of sleep impacts reaction times and performance, causes fatigue and weakens the immune system.
- *Athletes who sleep at least 8 hours per night are 68% less likely to sustain an injury compared to those who get less sleep.*
- **Sleep Hygiene**
  - Regular sleep & wake times
  - Protein and carbs at dinner
  - “de power” hour
  - Clear mind
  - Cool room and body
  - Lights out – block light and sound
  - Taper fluid post dinner
- **Rest**
  - Body heals during rest
  - Rest and activity balance
  - Physical repair between 11pm – 1am
  - Regular sleep and wake times key to optimising healing

**REST.**  
(it's part of the program!)



## Overload

As children move into adolescence they may experience overload due to an:

- Increase in competitiveness in youth sport
- Increase in competition volume and frequency
- Intensified and expanded physical training
- Insufficient allocation of time for rest and recovery

Overload can lead to:

- Ongoing escalation in sport related injuries and health problems including:
  - Overuse injury
  - Overtraining
  - Burnout
- Estimated injury incidence in athletes aged 11-18 years – 35 injuries/100 youth annually requiring medical attention
- Lower extremity injury and concussion accounted for over 60%

### **Sports: How much is too much?**

As more children and teenagers participate in organized sports, physiotherapists are seeing an increasing number of sports-related injuries. Approximately half of these are caused by overuse – too much training and not enough rest.

### **What constitutes too much training?**

Young athletes should limit training in one sport to no more than five days a week, with at least one day off a week from any organized physical activity. They should also take two to three months a year off from their primary sport. This does not have to be continuous time off. It can be divided into several shorter breaks. They can use this time to work on strength training and conditioning, which will help reduce the risk of injuries during the season.

### **Do kids need to practice hard year-round to be competitive?**

The focus should be on fun, fitness, skill acquisition, safety and sportsmanship. Less than one percent of high school athletes make it to the professional level. A more important goal is to develop a life-long love of exercise, which won't happen if kids associate sports with too much pressure or physical pain.

### **What are some common overuse injuries in children?**

They usually occur in and around joints that have lots of repetitive movement, such as the shoulders of swimmers and baseball players and the knees of runners and soccer players. The injuries can range from chronic inflammation to tears, pulls and ruptures of tendons and other tissues. Stress fractures are also common overuse injuries.

### **Are they more common at certain ages?**

Athletes are most at risk right around puberty, when their bones are growing quickly.

### **What are the signs that a child is training too hard?**

Chronic muscle or joint pain, personality changes, elevated resting heart rate, decreased sports performance, fatigue, lack of enthusiasm about practice or competition or difficulty completing ordinary activities. A physician should always evaluate pain that lasts more than 48 hours, especially if your child has trouble using the area in pain.





## Load Management

- Most injuries and illnesses occur when:
  - Athletes are psychologically and/or physically unfit to tolerate the prescribed workload (undertrained or not adequately trained for the specific task) or
  - Athletes are fit and well trained but in need of rest
  - Excessive fatigue plays a key role in sports injuries
  - impairs decision making ability
  - impairs coordination and neuromuscular control.
- Load can be divided into two sub-categories:
  - *External load – the external stimulus applied to the athlete. It is the physical work (number of sprints, weight lifted, total distance etc) performed by the athlete during competition, training and daily life.*
  - *Internal load – is the individual physiological and psychological response to the external load. It is influenced by genetic factors combined with daily life stressors, environmental and biological factors.*
- Daily monitoring of internal load can help:
  - identify recovery needs
  - predict performance decrements
  - anticipate health issues
  - adjust training and competition programs
- Daily monitoring forms the cornerstone of an effective workload management programme – training diaries, apps, checking in face to face, self reported wellness questionnaire.



- Weekly Training Hours

- Research has shown that when young athletes train or compete more hours per week than their age the risk of overuse injury can increase up to 70% – eg 12 year old trains or competes more than 12 hours per week
- Use athlete’s age to guide the weekly training and competition volume - simple effective approach to maximise performance while promoting effective and injury-free athletic development

- Weekly Load Increase

- Percentage of load increase from week to week – major injury risk factor.
- Many injuries are associated with rapid changes or spikes in weekly load
- Monitoring week to week changes in load helps detect spikes in load and plays an important role in injury prevention
- Increase training load VERY slowly



# Load Management Tools

## Smartwatches & Fitness Trackers

### Apple Watch Series 5

- 1.78 inch display
- 50m water resistant
- LTPO OLED capacitive touchscreen
- 3D touch display
- 32GB memory
- Loudspeaker
- Wifi / Bluetooth
- Notifications – calls, texts
- Accelerometer
- Gyro
- Heart rate
- Barometer
- Compass
- Natural language commands and dictation
- Wireless charging



### Fitbit Ionic

- 1.4 inch display
- Waterproof
- Fitness tracking
- Up to 4 days battery life
- Features – alarm clock, goal setting, reminders, real time coaching, stopwatch
- Music player – MP3
- Notifications – calls, texts
- GPS
- Accelerometer
- Gyro
- Activity tracker – calories burned, activity/inactivity, distance, sleep quality, active minutes, heart rate, steps hours slept
- Receive calls and texts



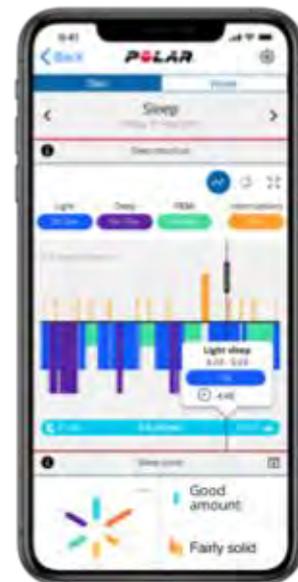
### Garmin Forerunner 235

- 1.23 inch display
- Up to 9 days battery life
- GPS
- Accelerometer
- Recovery Advisor
- Activity tracker – calories burned, activity/inactivity, distance, steps, Heart rate monitor
- Calorie counter
- Receive calls, texts, calendar reminders and email alerts



### Polar Ignite

- Water resistant
- Bluetooth
- Notifications – calls, texts
- Alarm clock
- Serene breathing exercise
- Heart rate
- Sleep tracking
- 24/8 activity tracking
- Steps and distance
- Inactivity alert
- FitSpark training guide
- Traing Load Pro
- Running program
- Speed, distance, pace, cadence
- Altitude – ascent/descent
- Interval timer
- Laps
- Swimming metrics
- Stopwatch
- Countdown timer



# Recovery

Recovery has now become important to athletes performing at all levels to help reduce fatigue and to improve performance. The most common recovery techniques used by athletes include hydrotherapy, active recovery, stretching, compressions garments, massage and sleep. These techniques can help to restore the physiological and psychological processes (reduce lactate concentrations, return the body to homeostasis and reduce stress levels). The more quickly this occurs the sooner the athlete can return to training and competing at an appropriate level. The use of recovery techniques is particularly important when athletes are training or competing on consecutive days.

## *Hydrotherapy*

Hydrotherapy involves immersion of the athletes entire body or part of the body in water. There are three common forms of water immersion:

- Cold water immersion (may include ice)
- Hot water immersion
- Contrast water therapy (athlete alternates between hot and cold water immersion)

The theory behind water immersion is that immersing the human body in water results in changes to the heart, peripheral resistance and blood flow and alterations in skin, core and muscle temperature. Changes in blood flow and muscle temperature may reduce inflammation, muscle soreness and the perception of fatigue.



## *Active recovery*

Active recovery is a training session or workout that is less intense and has less volume than a normal training sessions. Active recovery is performed between training sessions or after competition. An active recovery session could involve a pool session, brisk walk, cycling or yoga. The intention of active recovery is to reduce blood lactate concentrations.

### *Stretching*

Post exercise stretching is one of the most commonly used recovery techniques utilised by athletes at all levels. There are two forms of stretching: Static and dynamic. Dynamic movement stretches take the joint or muscle through a challenging and repetitive motion, moving a body part further with each repetition. Static sustained stretches are designed to hold a position for a joint or muscle that is minimally challenging. Research suggests that holding the position for 30-60 seconds will increase flexibility, improve range of motion and reduce muscle soreness.



### *Compression Garments*

Compression clothing were originally designed to treat various lymphatic and circulatory conditions. Compression garments are believed to improve venous return via application of compression to the limbs from proximal to distal. The external pressure provided by the compression garment reduces the intramuscular space available for swelling and promotes stable alignment of muscle fibres thus reducing the inflammatory response and reducing muscle soreness.

### *Massage*

Massage is a common recovery strategy used by athletes in all sports. The perceived benefits of massage are reduced muscle soreness, increased blood flow to the muscles and improved clearance of metabolic waste products. Massage also has potential benefits for injury prevention and management.



## *Nutrition and hydration*

Also play an important part in recovery. A meal or snack containing both carbohydrate and protein post training/post match will help replace muscle glycogen stores and speed up muscle repair. Inadequately replacing muscle glycogen stores used up during a training session or competition will compromise performance in subsequent sessions or competitions. Ideally the post training/post match meal should be consumed within 30-60 minutes of completing training or fighting. The post training/post match meal should consist primarily of carbohydrates providing 1-1.2g of carbohydrate per kg of bodyweight. The post training/post match meal should ideally contain some form of good quality protein to help to promote the increase in protein rebuilding and prevent breakdown of muscle protein.

Most athletes will complete a training or competition session with some level of fluid deficit. A fluid deficit from a previous training session can negatively impact on the athlete's performance in subsequent training sessions. Consuming 125-150% of fluid losses post training or competing will help to rehydrate the body to normal levels.





# Resilience

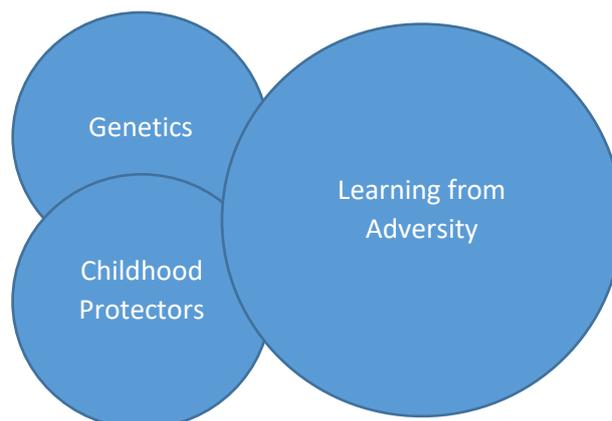
## Resilience – definitions

- Ability to get back up when knocked down
- Ability to stick at something and see it through while under pressure
- Able to put in the effort required when things get tough
- Ability to overcome adversity
- Be able to perform under pressure (internally and externally)
- Able to work through tough times while still doing your best.
- The ability to remain flexible in our thoughts, feelings and behaviours when faced by a life disruption or extended periods of pressure, so that we emerge from difficulty stronger, wiser and more able.
- The capacity to recover quickly from difficulties: toughness

## Why is it important in life?

- Can give you a sense of achieving something
- Resilience helps to grow your character
- Makes you stronger – allows you to develop coping strategies against adversity.
- It can improve your mind set – approach to learning
- It allows you to take on board feedback
- It can help you to become a reflector – learner for life.
- You can become an embrace of challenge
- You can become someone that does not give up easily.

## What do we know about it?



There are three aspects to consider when investigating where resilience comes from which are Genetics, Childhood Protectors, and Learning from Adversity.

Genetics of course play there part in the resilience of young people, along with the environment that is placed around the child as a young person, are they exposed to any risk, are they protected from all adversity, do their trampolines have sides! All this affects how resilient people are but what we know is that resilience is mostly learned from our experiences of facing adversity. This does not

mean that we are constantly putting young people in harm's way but we are exposing them to some challenge and adversity with the right support as required.

What does a lack of it look like?

- Does not take responsibility for actions
- Gives up easily
- Blames others
- Goes missing at critical times
- Focusses on trying to be cool
- Does not want to be accountable
- Lacks confidence and self-belief
- Wants an over protected environment
- Lacks discipline
- Can have helicopter parents
- Crumbles when the pressure comes on
- Does not take time to think
- Can become introverted and pessimistic
- Stops taking care of self – sleep, eating, fitness
- Loses positivity
- Thinks less logically
- Less calm
- More irritable with family.
- Constantly small and large dramas occurring around them

What does it look like?

- Optimistic
- Team first attitude,
- Tries hard at everything
- A role model
- Bounces back quickly from adversity
- Use their strengths
- Willing to take on some risk
- Someone who leads without prompting, by actions
- Respected by others , has humility
- Encourages others
- Open to change
- Takes on feedback , processes, and actions
- Helps build and set culture
- Have and maintain perspective
- Operate in their circle of influence
- Seeks meaning/has purpose

- Sets Goals
- Can do attitude
- Connect to others
- Maintains composure under pressure
- Exercise self-care – look after themselves.

Why would we coach resilience in a sporting context?

- Athletes are more coachable, organised, self-motivated.
- Athletes have tools to handle pressure and adversity
- They learn to get back up accelerating their learning
- They become more open minded
- They have tools for life
- They have evidence from past examples that can improve their confidence.





## Life Balance & Well Being

Athletes who are involved in sport at a competitive level are faced with large training loads and high competition demands. Consequently they may:

- lack life balance
- be more likely to experience injuries
- be more prone to burn out
- lose passion for their sport no longer enjoying the experience as they have done previously.

***Engaging in non-sporting pursuits helps provide a sense of life balance, assists in developing a more well-rounded individual and may enhance and prolong an athlete's sporting career. Non-sporting activities provide an outlet from sport, general life-skills and the security of alternative career paths.***

Athletes gain maximum benefits from physical training when all other areas of their life are healthy. Athletes support personnel should therefore encourage their athletes to engage in other activities and non-sporting pursuits to enable them to develop as a whole person, enhance sporting performance, career longevity and wellbeing.

### **Tips:**

- Create a menu of non-sporting pursuits that you can choose from to ensure that you include non sporting activities daily and or weekly eg "10 things I love to do".
- Make a list of "Things I would do for myself if I had ... 10 mins ... 1 hour ... a whole day"
- Choose activities from the "5 Ways of Well Being" to include in your day/week
- Complete the Wheel of Life and make adjustments where needed.



## 10 things I love to do!

Walk parks/reserves  
Walk the dog on the beach  
Have coffee with a friend  
Go to the movies with friends  
Browse the shops  
Read a novel  
Listen to music  
Play piano/guitar  
Visit family/friends  
Family dinner



## *Things I would do for myself if I had ...*

*... 10 minutes*

*... 1 hour*

*... a whole day!*

## The Five Ways to Well Being

Adapted from: The Five Ways to Wellbeing – [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

Give	Be Active	Keep Learning	Take Notice	Connect
Your time Your words Your presence	Do what you can Enjoy what you do Move your mood	Embrace new experiences See opportunities Surprise yourself	Appreciate the little things Savour the moment	Talk and listen Be there Feel connected
Helped someone out	Walked the dog	Tried a new recipe	Go to the park or beach	Wrote a letter
Volunteered at an event	Planted a garden	Read a book	Watch the clouds	Wrote in a journal
Supported a friend	Put on some music and dance	Read poetry	Watch the stars	Phoned a friend
Help someone learn a new skill	Take a bike ride	Take a course	Drive somewhere new	Have coffee with a friend
Helped coach a player or team	Play with kids	Learn a new instrument	Visit an art gallery or museum	Visit a friend
Helped with housework	Walk outside	Read or watch something funny	Find out about a local issue	Attend a local event or movie with others
Engage in small acts of kindness	Do some gentle stretches	Turn off electronics	Close your eyes and breathe or practise mindfulness	Attended a class with others
Add your own	Add your own	Add your own	Add your own	Add your own
Add your own	Add your own	Add your own	Add your own	Add your own

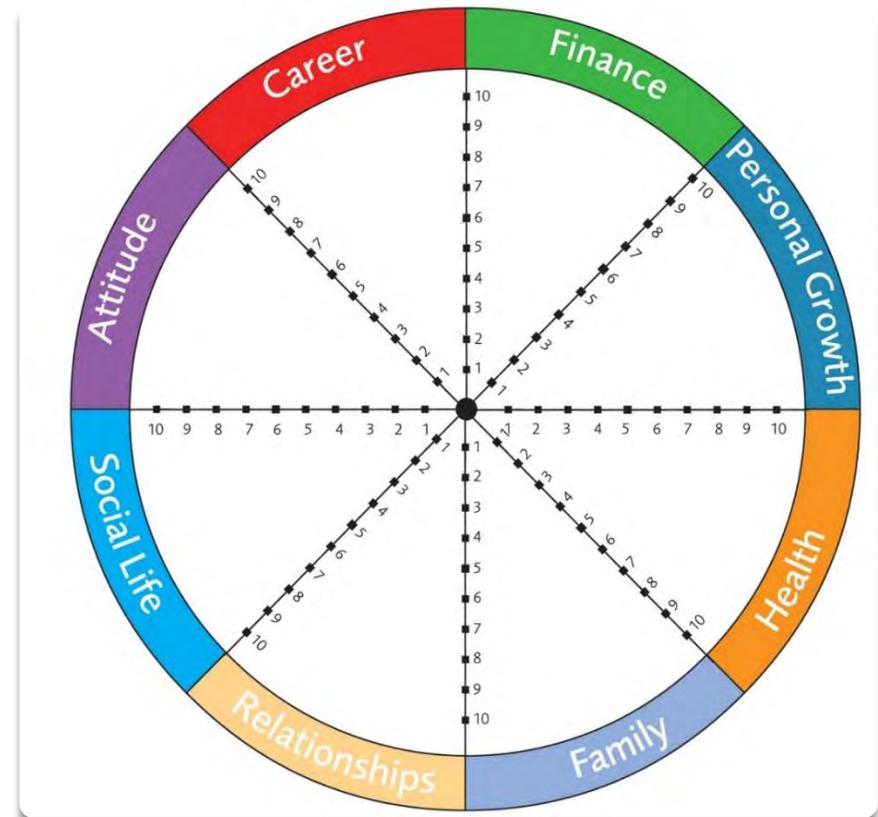
# Wheel of Life

8 sections that, together represent one way of describing a whole life.

- Attitude
- Career
- Finance
- Personal Growth
- Health
- Family
- Relationships / Friends
- Social Life

Rate each area on a scale of 1-10

Measures level of satisfaction with the eight areas of their life.



The wheel is a tool that measures an individual's level of satisfaction with the eight areas of their life. When completing the wheel you rate each area on a scale of 1-10. The completed wheel represents how the individual feels on the day that they complete it. It is not a picture of the past or the future.

# Well Being Apps

Like it or not, smartphones have become a part of our health and well being. Whether its connecting with friends, looking up dinner recipes or listening to playlists during our workouts. Now there are a whole host of new ways we can use our smart phones to boost our well being – including an assortment of apps aimed at just that.

## Head Space

[Android](#): \$18.99 p/month

[iPhone](#): \$18.99 p/month



Meditation and mindfulness is made simple with Headspace. Literally giving users a workout for the brain - led by former Buddhist monk Andy Puddicombe - the premise is to take ten minutes a day to listen in and clear your mind. So what are the benefits? Users report better attention spans, alertness and instant calm.

## Calm

[Android](#): \$12.99 p/month

[iPhone](#): \$12.99 p/month

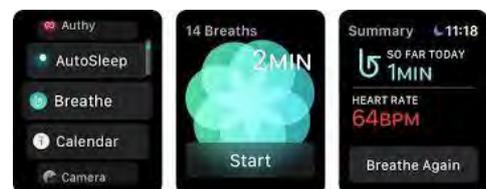


*Calm*, named the 2017 iPhone *app* of the year by Apple itself, promises to help users sleep better, boost confidence and reduce stress and anxiety, all with the help of guided meditations, soothing music, and bedtime stories.

## Breathe

[Android](#): Free

[iPhone](#): Free



The Breathe app guides you through a series of deep breaths, and it reminds you to take time to breathe every day. Choose how long you want to breathe, then let the animation and gentle taps help you focus.

## Smiling Mind

[Android](#): Free

[iPhone](#): Free

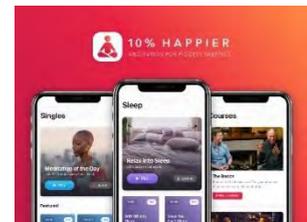


A daily mindfulness and meditation guide at your fingertips. Practice your daily meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.

## 10% Happier: Meditation

[Android](#): Free

[iPhone](#): Free



Want to sleep better, be more mindful, improve your relationships, and become just about ten percent happier? This is the app for you. Guided meditations, videos, talks, and sleep content will help you build (or boost) your meditation practice, and stick with it.

- Video and meditation combos that make it fun and straightforward to learn to meditate.
- A library of 500+ guided meditations on topics ranging from anxiety to parenting to focus, ensuring that you can find exactly the right meditation for the moment.
- A sleep section filled with relaxing meditations that make it easy to fall (and stay) asleep.
- Bite-size stories, wisdom, and inspiration that you can listen to while on the go - for those moments when you're not feeling like meditation but what some mindfulness.
- New content released weekly to keep meditation from becoming a chore.
- Quick meditations that fit into your busy life—during your commute, lunch break, etc.

## Live Happy

[iPhone](#): Free



Live Happy was based on the research and teachings of Sonja Lyubomirsky, a [positive psychology](#) researcher. It includes educational tidbits and videos that can help you better understand what is known about the attainment of happiness and resilience, as well as features that encourage you to engage in happiness-promoting activities. The application lets you choose from several different activities, tells you what to do, and tells you why and how this particular activity promotes happiness. There's even an email component that tracks your activities and emails you information related to what you're doing in the Live Happy application, as an extra reminder to engage in these activities regularly, which is a key part of making them habit.

## Sleep Cycle

[Android](#): Free

[iPhone](#): Free



Does sleep generally stress you out? Do you feel like you constantly don't get enough of it or, at least, your quality of sleep isn't that great? This app could seriously help. Tracking your sleep cycle throughout the night, based on movement and sound analysis, it works to wake you up when you are at your lightest sleep which means you'll be much less groggy and grumpy rising.

## 8fit

[Android](#): \$60 p/year

[iPhone](#): \$60 p/year



Loved by lifestyle bloggers and influencers, 8fit takes an all-encompassing approach to health and fitness - allowing users to personalise their workouts to their strengths and weaknesses, teamed with healthy and delicious recipes that are easy to follow (and allow you to plan ahead and shop for the week). Essentially an online personal trainer that you can tailor to your own needs, no gym membership necessary.

## Deliciously Ella

[Android](#): \$1.99

[iPhone](#): \$1.99

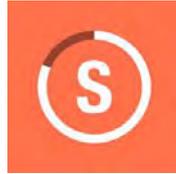


A recipe book in your pocket. Deliciously Ella's popular app brings her delicious plant-based recipes straight to your phone, with nearly 300 nutritious dishes to choose from. Everything is vegan friendly, gluten-free and refined sugar free, so it's ideal whether you're looking for a healthy mid-week meal or considering extending your veganuary pledge. Instructional videos, meal planners, shopping lists and step-by-step images to make plant based cooking easier. There is also a wide selection of yoga videos so that you can get moving at home. The Deliciously Ella app is easy to use and updated every week with inspirational new recipes, videos and content, helping you feel healthier and happier.

## Streaks

[Android](#): \$8.99

[iPhone](#): \$8.99



Streaks is a to-do list that helps you form good habits, and an essential app to hold you accountable to all your New Year's goals. The app allows you to track up to twelve tasks you want to complete each day and the goal is to build a streak of consecutive days. Whether it is going for a run, reading a chapter of a book or quitting smoking – Streaks can help you keep track of these tasks.

# Yoga & Stretching

Yoga is increasing in popularity every year. It's a great way to improve flexibility, increase strength and tone muscle. Yoga can also make an incredible impact on your general well-being. All you need is a little space. And while you could certainly join a class and get direct coaching, many prefer to practice yoga in the privacy of their own home, as a break between the various elements of a hectic schedule. And that's where apps come in. Grab a good yoga app, and you'll get a pocket-sized instructor to lead you through your routines wherever you might be.

## Daily Yoga

**iPhone:** Free with in-app purchases

**Android:** Free with in-app purchases



Beginner to advanced yogis will find hundreds of class plans and asanas on the Daily Yoga app. Step-by-step instructions guide you through every movement, and you'll also learn how to safely master challenging poses like the full splits and shoulder stands. The app also includes more than 50 workout plans to help you get fit with yoga, a global community to stay motivated, and regularly updated content.

## Pocket Yoga

**iPhone:** \$2.99

**Android:** \$2.99



This app is like having a yoga instructor in your pocket, thanks to detailed voice and visual instructions that guide you through each pose and every breath. Over 200 beautifully illustrated images show you the correct posture and alignment, and an included dictionary describes the benefits and techniques of various poses. Choose from 27 sessions designed by experienced yoga instructors, each with varying degrees of duration and difficulty.

## Yoga Studio

**iPhone:** Free with in-app purchases

**Android:** Free with in-app purchases



This all-in-one yoga and meditation app features over 130 videos and meditations ranging from 5 to 60 minutes. A carefully curated selection means you can always find the right class, and the app also lets you build your own classes pose by pose. Quickly search classes based on intensity, ability, and duration, or browse the featured collections.

## Simply Yoga

**iPhone:** Free

**Android:** Free



This app keeps it simple with just a few routines and multiple poses. Choose from a 20, 40, or 60-minute workout, or master more than 30 yoga poses with helpful audio and video instruction.

## 5 Minute Yoga

**iPhone:** Free with in-app purchases



These quick, effective yoga sessions never take longer than 5 minutes, and you'll still reap the benefits. Improve flexibility, increase strength, tone muscles, and reduce stress — all in just five minutes a day with this simple, straightforward app.

## Down Dog

**iPhone:** Free with in-app purchases

**Android:** Free with in-app purchases



With more than 30,000 configurations, the Down Dog app means a brand new yoga practice each time you come to your mat. This beautiful app features a 3-day intro to yoga and practices specifically designed to strengthen and stretch your back. Use the Boost feature (paid) to target 12 different areas of practice, and choose from seven different yoga instructors so you're guided by a voice that really resonates with you.

## Find What Feels Good: Yoga with Adriene

**iPhone:** Free with in-app purchases

**Android:** Free with in-app purchases



Adriene is an actor and yoga teacher in Austin, Texas, and the founder of this happy, successful online yoga community. With your free trial, you can access over one hundred hours of yoga in beautiful, streaming HD videos. Find yoga practices based on duration or intensity, and start finding what feels good.

## Asana Rebel

**iPhone:** Free with in-app purchases

**Android:** Free with in-app purchases



Yoga as fitness is the idea with Asana Rebel, which features a mix of yoga-inspired workouts to help you get in shape and improve strength, flexibility, and balance. Find workouts based on your personal goals and get ready to work!

### Stretching Sworkit

**iPhone:** Free with in-app purchases

**Android:** Free with in-app purchases



Don't let the name fool you. Although a bit silly, Sworkit is an incredibly capable app that helps you extend the flexibility of your body absent injury.

It includes a library of over 100 different exercises, each with their own highly-detailed step-by-step guide.

Before stretching, you get to choose from three different workout types: full body stretch, head-to-toe stretch, and Pilates. Just choose which section matches your current needs best and you'll be served a variety of appropriate exercises to follow.

You can also build your own custom workouts spanning categories like Yoga, strength, stretching, and cardio.

### Stretchit

**iPhone:** Free

**Android:** Free



If you're more of a visual learner, then StretchIt is your app. It offers a variety of images and video-based courses on stretching.

Over 40 hours of video content is available through the app, for free. You can also filter exercises by experience, from beginner to expert level movements.

Like many of the other apps, you can shoot for a full body workout, or focus on certain areas instead. The app also includes a built-in tracking mode so that you can keep an eye on your performance over an extended period.

### Stretching Exercises

**iPhone:** Free

**Android:** Free



Another capable and free app, Stretching Exercises offers guides on a variety of movements. Like any of the other apps, you can filter exercises by skill level, body area, and even flexibility types.

Some of the more unique movements purport to boost the energy in your body, giving you an extra push.

## Stretch HD

**iPhone:** Free with in-app purchases

**Android:** Free with in-app purchases



Stretch HD offers a wide selection of HD-quality videos with instructions on stretches and movements. All videos are the result of research so you can be sure they are always safe and effective.

Although the videos are the focus of the support, you can play music from within the app to improve your workout.

## 5 Minute Pilates

**iPhone:** Free with in-app purchases

**Android:** Free with in-app purchases



As you may know, Pilates and Yoga are exceptional activities that help you stretch the core of your body and improve flexibility. Many stretching exercises are taken directly from the world of Yoga. That's where 5 Minute Pilates comes into play with a growing library of movements and exercises, all of which you can see to completion in five minutes or less.

Start using this app, and you'll soon find you turn to it at any time of the day, not just before more strenuous workouts.

## Start Stretching

**iPhone:** Free with in-app purchases



The goal of Start Stretching — and its inherent design — are to help you work towards more physical flexibility.

But the nature of most movements means that you can also use this app to stretch out before any workout or exercise regimen.

Many of the movements are basic yet effective, with both text and graphic based instructions to guide you through. As you do movements, the statistics are tracked allowing you for more insight into your performance and improvement.

## Flexibility & Stretching

**iPhone:** Free with in-app purchases

**Android:** Free with in-app purchases



This app is the complete flexibility program! Learn some of the most proven and creative stretches using this progression training app.

Groin stretches, neck stretches, quad stretches – the list is infinite! The app provides all the information you need to address tightness in any problem area you may have. You may know the basics but Fitvity's routines will have you seeing improvement that you never thought was possible.

Your Fitvity app has multiple training programs in it for flexibility & fitness! Switch between programs that were designed specifically for you!

In addition to your weekly workouts, try out Fitvity BEATS! Beats is a highly engaging exercise experience that combines mixes by DJ's and super motivating trainers to push you through workouts.

- Audio guidance from your personal digital trainer
- Customized workouts designed for you each week.
- For each workout you are provided with HD instructional videos to preview & learn training techniques.
- Stream workouts online or do workouts offline.

# Menstrual Tracking Apps

Period tracker apps are a tool that can help you log your cycles and PMS symptoms to further understand your body. If you suspect something is wrong, you should always go and see your doctor, but if you're someone who just wants an easier way to track their cycles, try out some of these apps below.

## FitrWoman

[Android](#): Free

[iPhone](#): Free



With FitrWoman you can:

- Track your period and symptoms
- View top training suggestions for each phase of your cycle
- Log training activity
- Browse top foods and recipes to help reduce symptoms, fuel training and support recovery
- Get the latest sports science insights on female performance

[Coaches - Manage Your Squad](#) - Athletes give permission to share their FitrWoman profiles with you on FitrCoach so you can monitor their status in real-time and plan ahead.

[Optimize Performance](#) - Find out how the fluctuations in hormone levels influence female physiology so you can maximize every session for every athlete throughout their cycle.

## Period Calendar

[Android](#): Free

[iPhone](#): Free



Period Calendar can help to track and predict your period, plus provide information on your fertile window and potential [ovulation](#) date.

In addition to the basic menstrual cycle tracking function, the app can be used to record temperature, intercourse, [birth control](#), weight, cervical mucus, mood, and any other symptoms. The pill reminder ensures that you will never forget a dose ever again. Whether you need to remember to take medications, supplements, birth control pills, or even an injection, the pill tracker can be set up to remind you.

## Flo Period Tracker

[Android](#): Free

[iPhone](#): Free



If you are wondering when you last had a period or would like to know when your next one is due, you can easily find out using Flo. Flo uses machine learning to accurately and reliably predict menstruation and ovulation.

Using the app's bold and simple calendar, you will be able to log how you are feeling, your symptoms, sex drive, and menstruation flow. The app can also be used to track sleep, water consumption, and physical activity.

The Insights dashboard helps you to learn more about your body and cycle, and it also provides personalized health insights each day.

## Clue

[Android](#): Free

[iPhone](#): Free



Clue has been ranked as the top period and ovulation tracking app by the *Obstetrics & Gynecology* journal, which is a publication of the American College of Obstetricians and Gynecologists.

Clue uses science to help its users to identify unique patterns in their menstrual cycle. With the app's period tracker, multiple mood trackers, health logs, and exercise trackers, your health and menstrual cycle will no longer be a mystery.

The developers promise to be inclusive of all ages and never use butterflies, flowers, euphemisms, or pink. The app's unique algorithm learns from the data that you add, which means that the more you use Clue, the smarter it will become.

## My Calendar

[Android](#): Free

[iPhone](#): Free



My Calendar is a sophisticated, elegant, and very customizable period tracker. It can help those with irregular cycles as well as people who have worries about conceiving, birth control, and contraception.

With My Calendar, you can track regular and [irregular periods](#), temperature, weight, moods, symptoms, and blood flow. With its discreet reminders, you can be prepared for approaching periods along with ovulation and fertile days.

You can access all your essential information using the health tracker at a glance, and the calendar can be password-protected to ensure that your information remains private.

## **Glow**

[Android](#): Free

[iPhone](#): Free



Glow can track your period and record your symptoms, mood, sexual activity, and medications. Glow's data-driven menstrual and ovulation calculator helps women to take control of their reproductive health.

The app can forecast periods and ovulation and its predictions become smarter over time. Not only can the app help women who are avoiding or attempting pregnancy, but it also helps those who are undergoing fertility treatments such as intrauterine insemination and in vitro fertilization. You can make charts of your menstrual and fertility data, set medication, birth control, and ovulation reminders, as well as log more than 40 different health signals. Glow also offers a subscription to unlock comparative insights, premium articles, private messaging, and premium support.

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**Other resources available:**

- Team Managers Resource
- Parents Resource
- 7 Tips for when your Child doesn't make a Team

