

Drink water

Before you play sport or do exercise, you need to drink water. Water helps your muscles, joints, and organs like your brain, work well. Water also moves oxygen and glucose around your body helping it to run well. Glucose gives you energy and is made from the food you eat. You also need to drink plenty of water to replace the water you lose when you sweat.



Eat fruit and vegetables

You need to eat before you play so you have enough energy to last the game. Fresh fruit and vegetables help your brain and the muscles in your body perform well. It's also important to eat a rainbow of different coloured fruit and vegetables. After you have played you need to fuel up again.



Warm up and warm down

Before you play sport, you need to warm up your muscles and get your body and brain ready for exercise. This also helps prevent injuries. Do some stretches and then maybe a jog. Stretch your arms, shoulders, neck, legs (quads, hamstrings, calves), and feet. If you play sports like netball or soccer, you'll probably practise passing and dribbling before the game. To warm down after the game do these exercises again.

