

How to create a healthy environment for athletes

- **HELP ATHLETES HAVE ACCESS TO A HEALTHY VARIETY OF FOODS**
- **PRIORITIZE EATING MEALS AND SNACKS WITH THEM, WHEN POSSIBLE**
- **ENSURE THAT THEY HAVE ENOUGH TIME TO EAT MEALS & SNACKS DURING TRAINING PERIODS**
- **MAKE SURE THEY HAVE ENOUGH TIME TO REST**
- **GIVE THEM ACCESS TO A VARIETY OF SPORTS PROFESSIONALS**
(e.g. dietitian, mental performance consultant, kinesiologist)
who can help them with their nutrition, training plan, mental health, etc.

dfp