



## 5 PILLARS OF HEALTH

# TIPS & TRICKS

Gaming at your PEAK PERFORMANCE requires daily effort but doesn't have to be difficult or time consuming. Here are some easy ways you can implement the 5 Pillars of Health into your life.

## PHYSICAL MAINTENANCE



Before you queue up, try these quick drills. **Leg swings:** Hold on to something with your right hand and swing your right leg forward and back 10 times, focus on balancing on that left leg, and swinging the right leg as high forward as possible, and as far back as is comfortable. Once you've done 10, repeat on the left side. **Arm swings:** Swing your arms horizontally across your body, right over left, then left over right and continue doing that until you have 10 swings.



## MENTAL CONDITIONING

When you are loading into a game, close your eyes and play out the first 60 seconds of the game in your head OR practice a difficult mechanic. This is called "mental rehearsal" and helps to prepare the brain for what's about to happen to maximize the likelihood of success!

## NUTRITION



Best way to kick start your daily nutrition plan is to start tracking your added sugars each day for 1 week. Once you realize how much added sugar you consume on a daily basis, you will be able to start a slow and steady decrease to the optimal 24 grams or less of sugar each day.



## LIFESTYLE

Esports athletes can play better when they break up their routine with hobbies and other interests. An easy way to do this is to go outside and play: take a walk, climb a tree, get some sun. You will come back with your mind reset and your focus sharp!

## SLEEP



Forcing yourself to go to bed at a certain time is nearly impossible; you'll end up laying there awake thinking about how much you want to sleep. Instead, to get your sleep schedule on track, pick the time you want to wake up at each day and start forcing yourself to get up at that time. That way you start to reset and condition your circadian rhythm and body.

### DOWNLOAD THE APP TO IMPROVE PERFORMANCE



Download on the  
App Store



GET IT ON  
Google Play

FITGMR.GG

