

Healthy Lifestyle Choices for Ice Skaters

by Kris Beebe, MPT, CHC, YFS



Can Lifestyle Choices Really Affect my Skating Development and Performance?

YES!! Staying healthy in your mind, body, and spirit are essential for achieving your optimum performance as well as long term athletic development. It is all about being kind to your mind and body and to others.

Healthy Body

When you are kind to your body you have the energy you need to tackle life's daily challenges.

- Regular daily activity, getting outside
- Eating enough nutrient dense foods
- Drinking water for optimal hydration

- Sleep 8-10 hours/ night. *Enhance the quality of sleep:* Laptop curfew at least 1 hour before bedtime (blue light disturbs brain activity), maintain a regular nighttime bed routine, deep breathing and stretching

Healthy Mind

When you are kind to your mind, you are taking care of your mental and emotional health to feel less stressed, more peaceful, and have greater mental focus.

- Manage your time wisely, get your homework done at a reasonable time
 - Relaxation (reading, playing music, playing a game)
 - Keep your sense of humor-laughter is a great stress reducer!
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Healthy Spirit

When you are kind to your spirit, you connect with yourself and to others in meaningful ways

- Engage in social activities and communication with your friends
- Seek out support when feeling overwhelmed and stressed by a situation
- Give back to your community and to the world
- Express daily gratitude for all that we are thankful for in our lives

By being kind to our body, mind, and spirit we are giving ourselves the best possible chances for becoming the best we can!



About Kris Beebe, PT, CHC, YFS:

Kris is a licensed Physical Therapist in MA and FL and holds a master's degree in physical therapy and a master's degree in exercise science. She is a certified health and nutrition coach as well as a certified Youth Fitness Specialist from the International Youth Conditioning Association.

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