

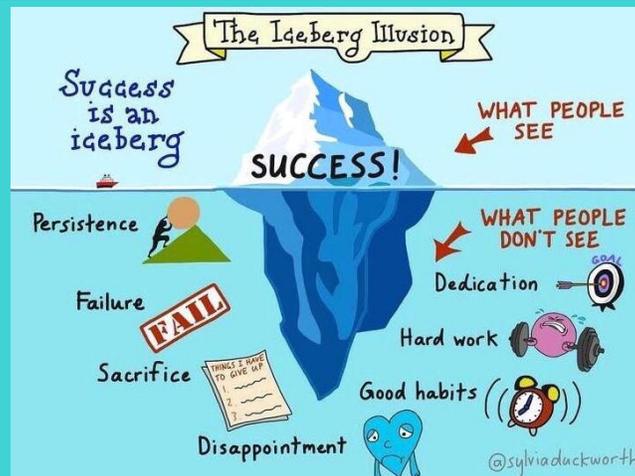


THEME FOR THE MONTH OF NOVEMBER
GOOD HABITS
from
VARA Youth Coordinator Alex Krebs



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GOOD HABITS



Another layer in the "iceberg diagram" are GOOD HABITS. You may recognize some of these bullet points because they are all intertwined in leading to SUCCESS.

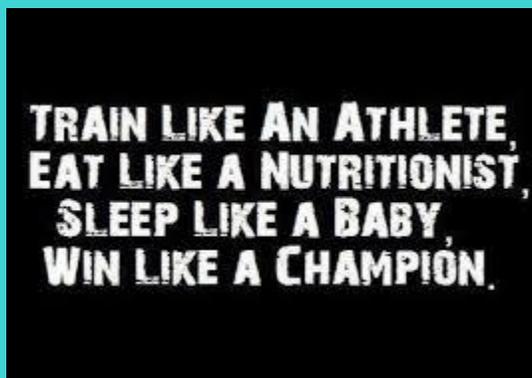
This topic is a way of communicating the positive impact that certain habits have on productivity.

1. Get the Right Kind of Rest: Even though you may be getting the right amount of sleep hours for you, if it is not "restful sleep" you may feel as if you didn't have enough sleep. Traveling and sleeping in hotel beds and unfamiliar places can sometimes interrupt sleep. If it would help make you more comfortable bring your pillow from home or your sleeping bag. Power off electronics well before bedtime and put the phone away.
2. Focus on the Nutrients: Make breakfast a priority. No matter how much you value those extra minutes pressing snooze each morning or how often you've told yourself that skipping that first meal doesn't matter, know this: If you want to start your day on the right foot and you want to make healthy choices throughout the day (think increased energy and productivity levels), don't pass on breakfast.
3. Visualize Goals: Choose your favorite trail or remember one of your best runs or your best soccer game and take a moment while you are in the car or van or before you fall asleep to remember that feeling and go through it start to finish. For example, Carli Lloyd: 2015 U.S. Soccer Female Player of the Year, in 2015's World Cup Final, she netted three goals. Leading up to that game she imagined she would score four! Not bad!

4. Keep a Record: Take five minutes after practice to write down in a journal what you worked on in practice, how you felt physically and mentally, maybe how many runs you took, whatever you think is important. It can be extremely helpful to look back and see which routines or actions worked well for you and which didn't.

5. Don't Be All Serious All of the Time: Athletics should be FUN. Yes it's hard work but if it isn't fun than it might be time for something else. Take the time to ski the mountain with friends and family, take a mogul run, go through the park or the woods, and enjoy being engaged in a healthy sport.

Make the most out of your days by embracing habits that help you be your best self. Develop a routine that prioritizes treating your body the best it can be. And because everyone is different, your ritual could be completely different, too.



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Please visit the [VARA Youth Coordinator Page](#) on the [VARA](#) site.

