



CONSISTENCY IS KEY: Weekend Healthy Habits



Proper nutrition & physical readiness are key to officer safety. Build these habits now to enhance performance during the academy and maintain wellbeing on the job.



Nutritious food boosts cognitive function (i.e. mental health, focus, reaction time, etc.¹).

Complex carbohydrates fuel the brain & muscles, and keep energy steady.

Protein sustains lean mass to maintain strong tissues, which can prevent injury.

Enjoy your weekends while staying on track:

- **Eat nutritious food**, including vegetables, fruits, complex carbohydrates, protein, and healthy fats
- **Drink water** throughout the day so urine is pale yellow
- **Move often**, including walking and stretching, to promote recovery prior to next week

[1] Healthy Eating | SF Gate. 2022. *Does Nutrition Affect Cognitive Function?*. [online] Available at: <<https://healthyeating.sfgate.com/nutrition-affect-cognitive-function-6132.html>> [Accessed 16 February 2022].