

GYMNASTICS MINDSET

The 5th Event

5 Holiday Fuel & Mindset Hacks

Stay focused. Enjoy the holidays.



1 REST + HYDRATE

Use school breaks to recharge.
Keep your water bottle close.

2 SPICE UP YOUR PLATE

Try cinnamon, cloves and nutmeg—or rosemary, sage and thyme.

3 PRACTICE GRATITUDE

Thank your body for what it can do.
Pause. Breathe. Be present.





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Fuel. Recharge. Celebrate.

Your holiday habits support your season.

4 MAKE ROOM FOR PROTEIN

Turkey provides protein and tryptophan. Enjoy it with your holiday favorites.



5 GIVE YOURSELF A RESET

Sleep in when you can, stretch gently and make time for fun.



Enjoy the holidays.

Competition season is coming!