



Tool box 6.

And by that we don't mean your car. We're busy, active people here. It's all go, go, go.

And that takes fuel. Meaning more frequent top ups.

Aim for three smaller meals a day with two to three healthy snacks between. This helps to keep your metabolism fired up, and helps keep a balanced mood.

Add plenty of water and you'll power through your day.

You can find plenty of stuff on nutrition, exercise, sleep and more on the Healthy Heads website and App.