

Fighting the feelings of fatigue

Top tips to keep yourself and others safe on the road!

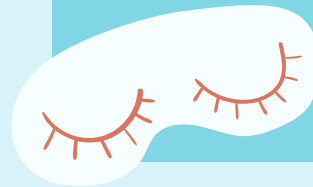
#1 Stay Hydrated

Aim to drink 2-3 litres of water per day to maintain optimal hydration.



#2 Prioritise Sleep

Getting sufficient sleep is essential to combat fatigue.



#3 Moderate Caffeine Intake

Excess consumption can lead to increased fatigue. Limit caffeine intake to 400mg per day and avoid consuming before bedtime.



#4 Eat regularly

Incorporate balanced meals including a variety of wholefoods to sustain energy levels.

