

DEAR HERCULES TEAM  
WELCOME! WHAT A BEAUTIFUL DAY. ARE YOU IN IT TO WIN IT?  
HAVE A LOOK AT SOME TIPS & TRICKS FROM OUR HERCULES COACHES:



### NUTRITIONAL TIPS FROM SABINE APPELMANS

Although you may be tempted to skip the calories, the food you eat before you exercise will fuel your workout and maximize your efforts and results. If you **FUEL CORRECTLY** you'll workout harder.



Eating before doing sports also prevents low blood sugar, which leads to light-headedness and fatigue. The perfect food before a workout? **BANANAS!** They're nature's PowerBar.

Bananas are loaded with digestible carbohydrates (read: fuel) and are packed with potassium, which aids in maintaining nerve and muscle function. The body doesn't store potassium for very long, so a medium banana before a workout will help keep nutrient levels high.



### WHAT'S THE MENTAL SECRET OF A WINNING TEAM? BY SERGE HAUBOURDIN

- **CLEAR VISION:** What's the dream and how does it translate to our tasks today?
- **NATURAL LEADERSHIP:** Choose a leader who gets everyone's support and who makes decisions that benefit the team.
- **IDENTIFY strengths and weaknesses:** Work together to identify individual talents and weaknesses and develop a strategy to capitalise on the strengths. Strengths need to be refined, identifying key 'touch points' and adding 1% to generate improvement.
- **TEAM FLEXIBILITY** adapt and change to the environment as required.
- **MAKE SACRIFICES:** No room for egos in a highly effective team. A job needs to be done and the team needs to be cohesive. Sacrifices need to be made for the greater good.
- **SEE THE BIGGER PICTURE:** Lost a challenge? Bring down the stress level in the team. Always look at the greater purpose. Rome wasn't built in 1 day.

### GELLA VANDECAVEYE: HOW TO AVOID INJURIES

Today's 12 labours are a wide variety of sports that require different muscles. Reduce the risk of sport injuries by following these simple but basic rules:

1. **WARM UP:** the warming up dance is a fun start of the day, but it's also the perfect way to warm your muscles.
2. **DRINK** enough water during the day. Dehydration is a very common cause of injuries at the Hercules Trophy and yet easy to avoid.
3. **KNOW** and **ABIDE** by the rules of the sport and follow the instructions of the Hercules crew.
4. **REST.** You have 15 minutes break in between every Hercules labour. Use it.
5. **AVOID** playing when tired or in pain.



REMEMBER: IT'S JUST A GAME. YOUR TEAM IS NOT A PROFESSIONAL SPORTS TEAM.  
THE MARSHALLS ARE HUMAN. IT'S NOT THE WORLD CUP FINAL.

*Herculean, that's how I feel today!*