

Healthy Football Finals

Football finals are almost here! It time for fun – but you can still be healthy?

Why is it Important to Think About Health at this Time?

- The football finals are the start of a fairly busy 3 months – they are followed by the Spring Racing Carnival, Christmas parties, Christmas and New Year. Get in the swing of good healthy habits now and it will see you through until January!

How Should You Prepare?

- The players prepare for the big day and so can you! If you're going to the game or a party, make sure you get a good night's sleep the night before – it may be a long day.
- Have a good breakfast in the morning – toast and eggs, porridge with fruit or an omelette can set you up for the day. Follow this up with a healthy snack just before the game – such as a salad sandwich – and you can be sure that you won't overdo the junk food.
- Make sure you're fully hydrated – if you're a bit dehydrated you may be tempted to gulp your first few drinks. It's not a good start if they're alcoholic!

What Should You Wear?

- Remember to check the forecast and dress accordingly! It you're going to the game, layering your clothes is the key – lighter clothes underneath but have a good jacket and scarf. If there's even a chance of rain, take a rain coat!
- Remember – a warm morning can turn into a chilly afternoon. If you get cold at the football not only may you end up having a lousy time but you may end up sick!
- Don't forget your hat and some sunscreen especially if you're going to watch the parade!

What Should You Eat and Drink During the Match?

- Many people like to snack during the match. Pies, chips and salty nuts are a common munchies. Why not also include some carrot sticks and dip or slices of fruit? Savoury sandwiches can also be line the stomach at half time – chicken and avocado or ham and salad are good choices.
- If you're watching at home, why not start off with a bar-bar-que? It can be both festive and healthy! A steak and some salad will definitely line the stomach.
- Alcohol and sugary drinks can be dehydrating – also drink plenty of water!
- Remember that food like chips and nuts often contain a lot of salt that makes you thirsty. If snacking on these, have plenty of water handy!

What About Hangovers?

- Many people will wake up the next morning feeling seedy – especially if their team wins! There is no hangover remedy but here are some things to remember:
 - Drink lots of water – your body is dehydrated
 - Stick to simple food – crackers, rice, plain soup
 - Rest – many people don't want to more too much anyway!
 - Don't drive – your concentration won't be great and you may still be over the limit.

What Other Things Do We Need to Watch Out for?

- Flu season is still with us – both respiratory and gastro viruses. If you have a flu, stay home and don't spread it around. Colds are common especially if we don't dress warmly enough or the weather suddenly and unexpectedly changes.
- Remember dinner! Maybe make a casserole or curry that can be heated up after the match!