

# BEAUTY &

## NAIL NETBALL!

Playing netball is a great way to get healthy! GP asked former Aussie netball champ and Vixens coach Eloise Southby-Halbish for her top netball tips!



Eloise after winning a game!

**1. It is important to make sure you train well, but also eat smart.**

When you play carnivals, the right snacks are important between games. A snack containing carbohydrates will help boost energy levels and prevent hunger! Recovery snacks and fluid intake should start within 30 mins of finishing exercise. At the Vixens we use Sustagen, but many players use sandwiches, yoghurt, fruit, nuts, recovery drinks and water.

**2. Watch recovery drinks.**

If you are drinking them and they are high in sugar make sure you also have a bottle of water. We generally take a sip of recovery drink, then sip of water, especially within the game. This is important for your dental health. Netballers are also starting to wear mouth guards to protect their teeth from knocks.

**3. The right footwear is important.**

Make sure you get a supportive netball shoe that fits well. We also use ankle braces or strapping tape (applied properly) to protect our ankles from injury. If you have any pain in your legs or feet you should make sure you see a podiatrist (a foot doctor).



As well as being a sports star, Eloise is an author, too! Along with David Lawrence, Eloise has written a cool new book called *Anna Flowers*. It's the story of a girl called Anna who moves to a new town and finds a love for netball along the way!

ELOISE SOUTHBY-HALBISH & DAVID LAWRENCE