



Sport training

This **Personal Coach program** is designed to help you take simple steps toward living more serenely. The objective is to help you achieve a healthy lifestyle by taking easy-to-adopt measures before, during and after a sporting event.



✓ DEVELOP THE RIGHT HABITS!



BEFORE THE EVENT

- **Work on your mental attitude.** Concentrate on your objectives, visualize your performance, don't put yourself under pressure.
- **Take some time-out to relax** (listening to music, relaxation, reading, etc.).
- **Get a good night's sleep.**



THE BIG DAY

- **Prepare healthy meals** tailored to your diet.
- **Think positive.** Setting off for the event or training with a positive outlook will help you do your best and draw on all your reserves to succeed.
- **Concentrate** on the event.
- **Stay hydrated** and maintain the energy required for your performance.
- **Enjoy the moment.**



AFTER THE EVENT

- **Avoid stimulants** (coffee, tea, soda, tobacco and alcohol).
- **Analyze your results** to improve your next performance.
- **Recover** by getting a good night's sleep.



LACTIUM® RECOMMENDED DOSAGE

To ensure Lactium®, your daily partner, is as effective as possible, **take at least 150mg⁽¹⁾ per day for one month prior to your sporting event.**

⁽¹⁾ Lanoir D. {et Al.}, Stress, 5 (suppl.), 124, (2002)

Lactium