

FUEL · PILLAR SERIES

HEALTH FIRST, PERFORMANCE SECOND

Every player wants to skate faster, get stronger, make the team, and earn more ice time. But too many focus on performance while overlooking the thing that makes performance possible: their overall health.

01 THE FOUNDATION PRINCIPLE

Think of building a house. Beautiful finishes and top-of-the-line appliances mean nothing if the foundation is cracked – eventually the whole structure suffers. Same with athletes: the best coaches, equipment, and programs will always hit a ceiling if the foundation underneath isn't solid.

02 HEALTH IS HOLISTIC

Health isn't just avoiding injury or eating vegetables. It's physical health, mental well-being, recovery, nutrition, sleep, stress management, relationships, and lifestyle habits – all working together. An under-fueled, sleep-deprived, stressed athlete can't perform: training gets less effective, recovery slows, motivation drops.

03 THE THREE BIG PILLARS

Sleep – where recovery happens. Muscles repair, hormones regulate. Aim for 8–10 hours.

Nutrition – your fuel. Quality food supports recovery, performance, and growth.

Mental health – confidence, focus, resilience, and stress management drive how you perform on and off the ice.

04 BASICS, DONE SAVAGELY WELL

Athletes hunt for the next supplement, method, or hack. In reality, the biggest gains come from doing the basics savagely well and consistently: sleep enough, eat enough quality food, stay hydrated, manage stress, recover properly, take care of your mind. The athletes who succeed long term aren't chasing shortcuts – they're building a foundation.

TESTIFY TAKEAWAY

PERFORMANCE IS A REFLECTION OF HEALTH. BUILD THE FOUNDATION FIRST.

Dial in the basics and do them savagely well. The results will follow.