

SIX DISCIPLINES OF BASKETBALL WELLNESS...

PARTNER

Life is reliant upon partnerships. The ability to sync visions, activities, goals and objectives, is important. Partnering the mind with the body and the spirit wellness journey contributes to your overall Basketball Wellness.

DEFEND

Defending your mental state and physical capabilities is essential to your Basketball Wellness journey. Defending is fighting those things that can make you unhealthy.

DICTATE

Dictate your course of action. Move to improve your mental and physical health.

FOCUS

Focus on the whole picture. See all aspects of your Wellness.

RESPONSIBILITY

It is your responsibility to "BE WELL". Coaches and trainers can provide you with the tools, however if you don't take action and be responsible for your path, you may never reach your goals.

DO THE OBVIOUS

Eat well, get plenty of sleep, exercise, move, sleep and follow the fun in your life.

