

NEW ZEALAND ANTI-DOPING EDUCATION PROGRAM
Official Programme of the NZC Foundation International Network

What is Doping?

How can you tell if you are
 doping? What are the signs and
 symptoms of doping?

Always true

How do we get through it?

Get help with your
 training and recovery
 Get help with your
 diet and hydration
 Get help with your
 mental health
 Get help with your
 physical health
 Get help with your
 mental health
 Get help with your
 physical health

Always true

Expanding Possibility

What are the
 signs and symptoms of
 doping? What are the
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Always true

My Poem

