



## **PRESS RELEASE**

**Tuesday 14<sup>th</sup> September 2021**

### **NEW JOCKEY MATTERS FILM FOCUSES ON EVERYDAY NUTRITION FOR JOCKEYS**

A new film has been released today focusing on nutrition for jockeys. Produced by JETS and the PJA, [‘Everyday Nutrition’](#) is the latest film in the Jockey Matters series aimed at providing jockeys with practical advice and support to maximise their performance as professional athletes.

The film focuses on the four key environments where, according to the PJA Nutrition team, jockeys spend 90% of their day – at home, in the car, on course and at the yard – and provides jockeys with effective solutions to the everyday challenges they face when it comes to nutrition. It features different tips for each environment both from the PJA Nutrition team and jockeys themselves including Ray Dawson, Grace McEntee, Jonjo O’Neill Jnr and Adam Wedge.

Jockeys can seek advice and support with their nutrition from the PJA Nutrition team which has recently seen Dan Martin taking over as Lead Performance Nutritionist with Oli Whiteman as Performance Nutritionist and Hannah Trotman as Performance Dietician. The team has provided nutrition education to hundreds of jockeys on licensing courses and has also developed a set of racecourse catering guidelines, in collaboration with the BHA and Liverpool John Moores University.

Dan Martin said, “Our objective as a team is to translate jockey and sports nutrition research into easy-to-understand solutions for jockeys that helps to deliver successful and sustainable careers through improving their health, riding performance, and day-to-day weight management.

Although we provide a nutrition service across the industry from the licensing courses at the beginning of careers, to weighing rooms when racing, and the IJF centres when out of the saddle, jockeys spend most of their time away from the team and therefore it's important to have resources such as this video on hand to help jockeys 24/7 should they need them. Whether recently licensed or with decades under their belt, the messages in the film apply to everyone and we encourage all jockeys to watch it."

Jockeys can contact the PJA Nutrition Team for free, confidential advice, support and information or to arrange a one-to-one consultation either in person or via Zoom. They also provide weekly clinics at Peter O’Sullivan House and Jack Berry House on Thursdays and Oaksey House on Fridays. More information can be found on the [PJA website](#) or on Instagram [@pjanutrition](#)

**ENDS**

***For more information on the ‘Jockey Matters’ series please contact Kate Struthers ([kate@jets-uk.org](mailto:kate@jets-uk.org)).***

#### **NOTES TO EDITORS**

1. For more information about Jockey Nutrition please visit the Healthy Body section of the PJA website: <https://www.thepja.co.uk/service/nutrition/>
2. The ‘Jockey Matters’ film series focuses on various aspects of jockey development and key welfare issues with contributions from jockeys and representatives from the different organisations which provide support to today’s jockeys.
3. The full Jockey Matters series of films can be [watched here](#)

4. More information about the services JETS provides for jockeys can be found at <http://www.jets-uk.org/jockeys/jets-services/>