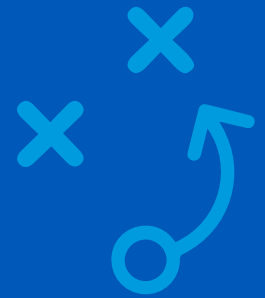


# 3 PLAYS FOR A HEALTHY TEAM



There are 3 simple things you can do during practices and competitions to keep athletes healthy and performing their best!

## 1 Boost active time by 10-15 minutes.

- Keep all athletes moving by using small group activities when the entire team isn't practicing together.
- Try adapting well-known children's games to your sport (e.g. Red Light, Green Light).
- Teach athletes light-intensity movements that they can do while waiting to practice.

### *Why it's important*

Even though practices might last an hour or more, it doesn't mean athletes are actually active for all of that time.\*

Keeping athletes moving for an additional 10-15 minutes improves fitness and keeps everyone engaged.

## 2 Make water the easy choice.

- Remind athletes to bring 1-2 full water bottles to practices and competitions.
- At the beginning of the season, let parents and athletes know that doctors recommend water, not sports drinks, coffee drinks, or other sugary drinks.
- Consider a "water only" policy for your team.

### *Why it's important*

Athletes who drink water and eat a healthy diet will perform their best.

Sticking to water also helps athletes avoid the added sugar in beverages like sports drinks, which contain almost 9 teaspoons of sugar in a 20 oz bottle!

## 3 Make snacks fruits or vegetables.

- If your team has a snack, ask athletes to bring fruits or vegetables like sliced oranges, apples, or carrot sticks.
- For competitions, encourage athletes to pack a healthy lunch.
- If athletes eat a healthy meal before practice, they probably don't even need a snack!

### *Why it's important*

Unhealthy treats can add up since children often have them outside of sports, too. Desserts, soda, and pizza are the top three sources of calories in a typical child's diet.

Have fruits or vegetables for snacks and save the treats for special occasions.



Find more tips, trainings, and resources on promoting healthy youth sports at [www.CoachingHealthyHabits.org](http://www.CoachingHealthyHabits.org)

\*Leek et al. (2010), Archives of Pediatrics & Adolescent Medicine; Wickel & Eisenmann (2007), Journal of the American College of Sports Medicine.