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

1. **Boost active time by 10-15 minutes.**
   - **Why it’s important**
     Practice may last an hour, but studies show that children are typically moving for less than half the time.* Keeping players moving for an additional 10-15 minutes improves fitness and keeps players engaged.
   - Keep all players moving by using small group activities or by playing small-sided games.
   - Try adapting well-known children’s games to your sport (e.g. Red Light, Green Light).
   - Teach players light-intensity movements that they can do while waiting to enter an activity.

2. **Make water the easy choice.**
   - **Why it’s important**
     Players who drink water and eat a healthy diet will perform their best. Sticking to water also helps players avoid the added sugar in beverages like sports drinks, which contain almost 9 teaspoons of sugar in a 20 oz bottle!
   - Remind players to bring 1-2 full water bottles to practices and games.
   - At the beginning of the season, let parents and players know that doctors recommend water, not sports drinks or other sugary drinks.
   - Consider a “water only” policy for your team.

3. **Make snacks fruits or vegetables.**
   - **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.
   - If your team has a snack, ask parents to rotate bringing fruits or vegetables like sliced oranges, apples, or carrot sticks.
   - For tournaments, encourage players to pack a healthy lunch.
   - If players eat a healthy meal before practice, they probably don’t even need a snack!

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Find more tips, trainings, and resources on promoting healthy youth sports at www.CoachingHealthyHabits.org