



A HEALTHY FUTURE BEGINS HERE



Pop Warner is just as committed to helping athletes develop healthy habits as we are to instilling the values of scholarship and sportsmanship. Coaches and parents can make **3 simple calls** that will help players perform their best, on and off the field:

Move More, Drink Right, and Snack Smart.




MOVE MORE

Is your team ready to play their best through the 4th quarter?

Get them ready for game day by running active practices, where players spend less time standing still and more time **moving**. More physical activity also helps players reach the recommended 60 minutes per day for kids.

We asked Pop Warner coaches their strategies for keeping players moving more at practice. Here's what they said:

- ✓ Have small groups rotate through **stations**.
- ✓ Use **fun, active games** that incorporate specific skills.
- ✓ **Participate** with your players in activities or drills to keep them engaged and moving.



DRINK RIGHT

Ask players to bring at least two full **water bottles** to every practice and game.

Players can forget to stop and drink water even when they're thirsty, which can lead to dehydration. If possible, take scheduled **water breaks** as often as every 15-20 minutes. Keep water bottles near the sidelines for easy access.



SNACK SMART

If your team has a snack at practices or games, provide **fruits or vegetables** and save the treats for a special occasion. Coaches can share a **healthy snack list** with parents at the beginning of the season.

Healthy snacks give players the fuel they need to perform their best *and* teaches them that healthy eating goes hand-in-hand with fitness.

HOW CAN PARENTS HELP?

- ✓ Encourage players to stay **active** throughout the summer so they're ready for the first day of the season.
- ✓ Volunteer to bring **extra water** to the field for refilling water bottles. If you bring snacks to practices or games, bring **healthy foods** like oranges, carrot sticks, or bananas.

Watch the training at www.CoachingHealthyHabits.org and visit www.popwarner.com/Default.aspx?tabid=1476229 for more tips and resources on promoting healthy youth sports.