

3 plays for a healthy team

Did you know that there are **3 simple things** you can do during practices and games to keep athletes healthy and performing their best? Use this tip sheet to put these 3 plays into action!

1

MOVE MORE: Boost active time by 10-15 minutes

- Run “games-based” practices using small group activities that keep all players active.
- Try adapting well-known children’s games like red-light-green-light to your specific sport.
- Teach players light-intensity activities that they can do while waiting their turn during practice.



Myth: Players get 60 minutes of physical activity during an hour-long practice.

Fact: A practice may last an hour, but studies* show children are typically moving **less than half** the time. Increasing the time they’re active by 10-15 minutes can make a big difference.

2

DRINK RIGHT: Make water the easy choice

- Remind players to bring 1-2 full water bottles for practices and games. Consider a “water-only sideline” to encourage your team to drink water.
- Let parents and players know that doctors recommend water, *not* sports drinks. Consider opportunities in the beginning of the season to share this message.



Myth: Players need the electrolytes in sports drinks to stay hydrated.

Fact: To stay hydrated, replenishing electrolytes isn’t necessary if players are eating a healthy diet and drinking water. Sticking to water also helps players avoid the added sugar in sports drinks.

3

SNACK SMART: Make snacks fruits or vegetables

- If you serve a team snack, have parents rotate bringing things like sliced oranges, apples or carrot sticks.
- For back-to-back games, encourage players to pack a healthy lunch.



Myth: A treat at practices or games isn’t a big deal when it comes to a child’s health.

Fact: Treats can add-up, since children often have them outside of sports, too. Desserts, soda and pizza are the top 3 sources of calories in a typical child’s diet. Have fruits or vegetables for snacks and save the treats for special occasions.

Remember, players may not need a snack if they eat a healthy meal before play.



Healthy Kids Out of School is an initiative of ChildObesity180 at Tufts University, with regional funding provided by the Harvard Pilgrim Health Care Foundation.

