

ABOUT HEALTHY SPORTS!

Playing sport is great for health and wellbeing, and the right fuel helps get the best performance. The Healthy sports program strives to create environments that support players to Grab the Good and fuel up with healthy foods and drinks. Our club is proud to be a Healthy Club and prioritises the health and wellbeing of our members by ensuring everyone has access to healthy options.



IN 2020, HEALTHWAY CONDUCTED A SURVEY OF 200 PEOPLE INVOLVED IN JUNIOR SPORT, MOST OF THESE WERE PARENTS. THE SURVEY FOUND THAT:

41% of junior players eat unhealthy snacks at halftime;

60% eat unhealthy snacks at fulltime;

82% of parents think that healthy eating and drinking is important for their children, and even more important at sporting games;

88% of parents and others supported having pre-cut fruit at halftime

WHAT CAN YOU DO?

PARENTS, COACHES AND MANAGERS CAN SUPPORT YOUNG PEOPLE TO MAKE HEALTHY CHOICES WITH SOME SIMPLE ACTIONS:

1. Pack a water bottle to drink before, during and after sport
2. Provide fruit for healthy halftime snacks (not lollies!)
3. Encourage healthy choices after the game
4. Give players healthy rewards e.g. games, recognition or raffle tickets for an end of season prize
5. Be a role model: drink water and eat healthy foods in front of junior players!



GET ON BOARD!

For healthy ideas and tips for sports nutrition go to fueltogo.com.au



healthway

