



COACHING HEALTHY HABITS



NCYS supports our members in helping youth athletes practice healthy habits in sports and life. **Coaching Healthy Habits** provides coach training and parent resources to promote three simple principles:



Drink Right



Snack Smart



Move More

BRING COACHING HEALTHY HABITS TO YOUR ORGANIZATION WITH THESE EASY STEPS.

- 1 Share the 6-minute Coaching Healthy Habits *training video* with coaches
- 2 Distribute *educational materials* to coaches and parents
- 3 Take steps toward a *healthy concession stand*

You can find the training video, snack lists, tips for hydration, and concessions ideas on the NCYS Coaching Healthy Habits page: www.ncys.org/education/coaching-healthy-habits.php

To share Coaching Healthy Habits, NCYS worked with [Healthy Kids Out of School](#), an initiative of ChildObesity180 at the Tufts University School of Nutrition.

