



# COACHING HEALTHY HABITS



**Coaching Healthy Habits** provides coach training and parent resources to promote three simple principles: **drink right**, **snack smart**, and **move more**.

Bring Coaching Healthy Habits to your organization with these easy steps.

## 1 SHARE THE COACHING HEALTHY HABITS TRAINING VIDEO WITH COACHES

You can embed the training on your website or share on social media channels:  
[https://www.youtube.com/watch?v=Oyjtg90e\\_U4](https://www.youtube.com/watch?v=Oyjtg90e_U4)

## 2 DISTRIBUTE EDUCATIONAL MATERIALS TO COACHES AND PARENTS

Visit [www.coachinghealthyhabits.org](http://www.coachinghealthyhabits.org) to find snack lists, tips on hydration, and more free resources.

## 3 CREATE A HEALTHY POSTGAME AND TAILGATE

Extend these healthy habits to other team gatherings to reinforce the message.

**Want more info?** Visit [www.popwarner.com/Default.aspx?tabid=1476229](http://www.popwarner.com/Default.aspx?tabid=1476229) for more tips and resources.

