



# 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.

## 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.uslacrosse.org/safety/nutrition-heat-hydration](http://www.uslacrosse.org/safety/nutrition-heat-hydration) for more details.

