

Ideas for sporting clubs to support healthy lifestyles for children...



Regional and local sporting organisations have the opportunity to support and promote physical activity and healthy eating for children and their parents in a fun and enjoyable environment. Some ideas for sporting organisations to consider include:

- Holding **'come and try'** days for local schools to promote physical activity participation opportunities to students outside of school time.
- Adopting a participatory **'game sense'** approach to coaching children at the club to increase opportunities for them to be active during training sessions.
- Promoting **healthy canteens and food service** (including vending machines) within the sporting club environment, so that foods high in added sugar, salt or saturated fat are replaced with healthy alternatives.
- Establishing a **uniform pool** at the club to help reduce participation costs for families.
- Promoting the **fun aspects of sport and physical activity** to children and ensuring that fun and learning new skills are combined in training sessions.
- Including **regular articles about healthy eating and physical activity** for children and links to the Healthy Kids Portal in your club newsletter.
- Holding **healthy or active fundraising** activities for the club such as fun runs or raffling of sports equipment as an alternative to selling chocolate bars or less healthy food choices.
- Promoting and providing **water as a drink** for children participating at your club, rather than sports drinks and waters or sweetened drinks such soft drinks, flavoured mineral waters and juices.
- Including **healthy eating and physical activity information** materials in registration packs for children participating at your club.
- Seeking **sponsorships** for your club from organisations promoting healthy lifestyles through physical activity or healthy food such as a local sports store or fruit market.
- Providing **'active' rewards** such as sports equipment or vouchers for club presentation nights, as an alternative to fast food vouchers.

for more information and ideas on healthy eating and physical activity go to
www.healthykids.nsw.gov.au