



## BRONZE COACH

***To be a Bronze Coach complete the following-***

- ✓ ***Hold Water Only Practices***
- ✓ ***Provide Weekly 5210 messages to your team***

***Weekly Messages: choose one message per week and relay to team.***

1. Water and Hydration- Properly hydrated body is key for successful performance. Water is the number one choice for a beverage. Make all your practices water only. Zero sugar sweetened beverages
2. Gatorade- not intended for kids or high school athletes. One bottle of Gatorade has over 10 teaspoons of added sugar. Water only practices- zero sweetened beverages
3. Meals- Do not skip! Properly fueled body is important for the energy you need to perform well. Make meal time a priority and aim for balanced meals with the myplate method. ([www.choosemyplate.gov](http://www.choosemyplate.gov)) Aim for 5 servings of fruit and veggies a day
4. Breakfast- starts the day off right. Aim for a source of protein (eggs, yogurt, nuts) carbohydrate from whole grains and either some fruit or veggies.
5. Snacks- healthy snacking is an important part of a meal plan. Skip the candy bars and processed snacks they will leave you with less energy.
6. Sugar- Added sugars like table sugar, honey, corn syrup have no nutrition and can end up making you more sluggish. Limit these added sugars to 25 grams per day or 6 teaspoons. ZERO sugar sweetened beverages!
7. Carbohydrates- They are the body's main source of fuel or energy. Without carbs or bodies our bodies would be running on empty. Go for whole grains, fruits and veggies.



8. Protein-Protein is essential in building and maintaining our muscles. Look for a source of lean protein at your meals and snacks. Poultry, lean beef/pork, eggs, or beans.
9. Choose 2 Healthy Screen Time Habits. For example keep TVs and cell phones out of the bedrooms ( chart your phone in another room overnight)
10. Get in Healthy fats- healthy fats like olive oil, nuts, peanut butter and avocado are important for our support and structure of our cells and provide our bodies with long term energy storage
11. Sleep- Try and get between 9 and 9 ½ hours of sleep a night.
12. Eating before exercise- type and amount of food is important before you exercise. You need to fuel your muscles without feeling sick
13. Eating for recovery- fueling after exercise is just as important as fueling before. It replenishes your muscles and your hydration.
14. Vegetarian athletes- you can perform well even if you do not eat meat. But you have to be smart and get the appropriate amount of vegetarian sources of protein
15. Supplements- these are not regulated and can be dangerous not to mention expensive. Stick with real food and water!