GOLD LEVEL COACH

To be a Gold Coach complete Bronze and Silver levels and the following:

- ✓ ***Set specific health goals with athletes.*** *(see health goal worksheet)*
- ✓ ***Appoint team leaders on the team to be athlete champions.***
- ✓ ***Sign up for and read Fit Together emails***
- ✓ **Work specifically with the Fit Together 5210 coordinator on an ongoing program for your team**
- ✓ **5210 daily life commitment**

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! *See handouts*

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. *See article*

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 Aim for 5 servings of fruit and veggies a day

   https://www.nationwidechildrens.org/family-resources-education/700childrens/2015/01/healthy-meals-and-snacks-for-the-busy-athlete

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.*See Handout for ideas*

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. *See handout for ideas*

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 24- 36 grams per day or 6-9 teaspoons. ZERO sugar sweetened beverages! *See handouts*

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. *See handout*

9. Get in Healthy fats- healthy fats like olive oil, nuts, peanut butter and avocado are import for our support and structure of our cells and provide our bodies with long term energy storage. *See handouts*

10. Choose 2 Healthy Screen Time Habits. For example keep TVs and cell phones out of the bedrooms (chart your phone in another room overnight) https://www.healthychildren.org/English/news/Pages/Managing-Media-We-Need-a-Plan.aspx

11. Sleep- Try and get between 9 and 9 ½ hours of sleep a night.https://www.sleepfoundation.org/excessive-sleepiness/support/how-much-sleep-do-babies-and-kids-need

12. Eating before exercise- type and amount of food is important before you exercise. You need to fuel your muscles without feeling sick. *See handout*

13. Eating for recovery- fueling after exercise is just as important as fueling before. It replenishing your muscles and your hydration. *See handout*

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. *See handout*

15. Supplements- these are not regulated and can be dangerous not to mention expensive. Stick with real food and water!
    https://www.healthychildren.org/English/healthy-living/sports/Pages/Performance-Enhancing-Substances.aspx

Fit Together

Northwest CT Healthy Eating & Active Living Initiative

Athlete's Personal Health Goals

1. I will start
    a.
    b.
    c.

2. I will reduce
    a.
    b.
    c.

3. I will eliminate
    a.
    b.
    c.

Athlete's Signature: _____ Date: _____

Coaches Signature: _____ Date: _____