



A HEALTHY FUTURE BEGINS HERE



Pop Warner is just as committed to helping young athletes develop healthy habits as we are to instilling the values of scholarship and sportsmanship.

Coaches and parents can make **3 simple calls** that will help cheerleaders perform their best, on and off the field:

Move More, Drink Right, and Snack Smart.



MOVE MORE

Is your spirit squad ready for game day?

Get them ready by running active practices, where they spend less time standing still and more time **moving**. More physical activity also helps cheerleaders reach the recommended 60 minutes per day for kids.

We asked Pop Warner cheer coordinators how they keep their squad active during practices. Here's what they said:

- ✓ Use **music** to keep the squad moving during transitions.
- ✓ Have small groups rotate through **stations** or parts of a routine, so they spend less time waiting for their turn.
- ✓ **Participate** in activities with your squad so they stay engaged and moving.



DRINK RIGHT

Ask cheerleaders to bring at least two full **water bottles** to every practice and game.

Kids may forget to stop and drink water, even when they're thirsty, which can lead to dehydration. If possible, take scheduled **water breaks** as often as every 15-20 minutes and place water bottles nearby for easy access.



SNACK SMART

If your squad has a snack at practices or games, provide **fruits or vegetables** and save the treats for a special occasion. Cheer coordinators can share a **healthy snack list** with parents at the beginning of the season.

Healthy snacks give cheerleaders the fuel they need to perform their best *and* teaches them that healthy eating goes hand-in-hand with fitness.

HOW CAN PARENTS HELP?

- ✓ Encourage your cheerleader to stay **active** throughout the summer so they're ready for the first day of the season.
- ✓ Volunteer to bring **extra water** to practices or games for refilling water bottles. If you bring snacks, bring **healthy foods** like oranges, carrot sticks, or bananas.

Watch the training at www.CoachingHealthyHabits.org and visit www.popwarner.com/Default.aspx?tabid=1476229 for more tips and resources on promoting healthy youth sports.