

# fitSports Parent/Guardian Letter

Welcome to another exciting season! Along with teaching players good sportsmanship, the skills they need and making sure everyone has fun, the *fit* program will be used in our training. This program helps children make *fit* choices during practice and at home.

## What is *fit*?

*fit* is a set of resources, designed by Sanford Health, to help children and families to make healthy choices in four key areas: **MOOD**, **RECHARGE**, **FOOD**, and **MOVE**.

Check out the information below, on the back of this page, and on [fit.sanfordhealth.org](http://fit.sanfordhealth.org) to learn more about how you can make this a fun and *fit* season.



## Motivate Your **MOOD**

- Feelings and emotions influence your child's motivation to make healthy choices.
- Help your child find ways to be motivated and learn how it helps them to do their best.

## **RECHARGE** Your Energy

- Sleep and rest make a difference in energy levels, which affect your player's ability to make healthy choices.
- Encourage players to relax during the day and limit screen time.

## Think Your **FOOD**

- Food is fuel for our bodies. The healthier the foods we eat, the better our bodies will perform.
- Encourage your child to drink lots of water and discourage the consumption of sugary drinks.

## **MOVE** Your Body

- Everyone improves their health from moving throughout the day.

## Notes from Coach:

Please review the list on the next page for things you can do to help ensure that this is a fun and fit season for the entire team.



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019026-00162

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## Motivate Your Mood

- I will help my child find ways to motivate their mood by creating “I will” statements that lead to healthy choices. *Example: Put an “I will get up and move during commercials” sign on the television.*

## Recharge Your Energy

- I will help my child get the recommended hours of sleep by helping them create a bedtime routine.

## Think Your Food

- I will help my child reduce their sugar intake by providing healthy snack options and encouraging them to drink more water and milk.

## Move Your Body

- I will help my child be more active during their day by limiting screen time and doing physical activities together.

## Show Your Support

- I understand the need to be a positive and encouraging influence to my child no matter the results of the individual or team efforts.
- I (and my guests) will respect other players, coaches, officials, and attendees no matter their age, race, creed, color, sex, or ability.
- I will support fair and safe behavior in practice, competition, and play.
- I will not coach my child or other players from the sidelines.
- I will remember that children want to have fun and that the game is for them.
- I will encourage my child to practice good sportsmanship to all players, coaches, officials, and attendees at every practice and game.