

# Youth Sports Coaches Letter

## Thank you for coaching youth sports!

As you teach your players the skills they need, the value of good sportsmanship, and the importance of having fun, you can also positively influence and encourage them to be healthy and *fit*!

## What is *fit*?

*fit* is a set of free programs and resources, designed by Sanford Health, to help children and families to make healthy choices in four key areas: **Recharge**, **Mood**, **Food**, and **Move**.



Check out the information on both sides of this page and at [fit.sanfordhealth.org](http://fit.sanfordhealth.org) to learn more about how you can make your sport fun and *fit*!

## Recharge Your Energy

- Sleep and relaxation influence energy levels and affect your player's ability to make healthy choices.
- Encourage players to relax throughout the day and limit screen time.

## Motivate Your Mood

- Feelings and emotions can affect a player's motivation and ability to make healthy choices.
- Help your player find ways to recognize their motivation and always try their best.

## Think Your Food

- Food is fuel for your body. The more nutritious your food choices, the better your body will perform.
- Encourage your players to drink lots of water and discourage the consumption of sugary drinks.

## Move Your Body

- Everyone improves their health from moving throughout the day.

## Get Started

**Step 1:** Go to [fit.sanfordhealth.org](http://fit.sanfordhealth.org) and check out all of our free resources!

**Step 2:** Use the session guide found on the next page. Choose a session and talk with your players about a *fit* topic:

- Read the Captivate to get kids thinking about healthy choices and actions.
- Use the Educate and Discussion sections to provide and discuss key information.
- At the end of practice, use the Activate to challenge them to make healthy choices at home.

**Step 3:** At the next practice:

- Poll your players about the previous challenge. Did they do it? Was it hard or easy?
- Try a new session and challenge each week.

# Youth Sports Session Guide

## Session 1: Mood

**Captivate:** Who was fired up to come to practice today?

**Educate:** Everyone has days when they don't feel like being active. Don't let your mood hold you back!

**Discussion:** Think about your mood. Is it always the same?

**Activate:** Before each practice, get fired up and motivate your mood. You can listen to upbeat music or do jumping jacks to get your blood pumping. What will you do before the next practice to get fired up?

## Session 3: Food

**Captivate:** Who sweats? What's in your sweat?

**Educate:** You sweat water! Sweating is your body's way of cooling off. While sports drinks are okay once in a while, when you're thirsty, your body is telling you it needs more water, not some sugary beverage!

**Discussion:** What are your drink choices throughout the day?

**Activate:** Before, during, and after practice, drink plenty of water to quench your thirst.

## Session 5: Mood

**Captivate:** Who was fired up to come to practice today?

**Educate:** Not everyone is fired up for every practice. Recognize your mood! You can get fired up with positive self-talk or moving your body.

**Discussion:** What are some things you can do to motivate your mood?

**Activate:** Write down ways to motivate your mood and place your list somewhere you'll see it all week.

## Session 7: Food

**Captivate:** What do you like to eat for breakfast?

**Educate:** Breakfast is an important meal! It fuels your body with the energy you need to perform at your best. Great breakfast choices include: whole grains, fruit, eggs, yogurt, or any other nutritious food.

**Discussion:** What are some fun ways to add vegetables to your breakfast?

**Activate:** Eat a variety of nutritious foods for breakfast every day this week.

## Session 2: Recharge

**Captivate:** Who has lots of energy today?

**Educate:** Did you know that your sleep affects your energy? Ages 6 to 12 years need 9 to 12 hours of sleep. Ages 13 to 18 years need 8 to 10 hours of sleep. Sleep helps your brain and body grow and gives you energy throughout the day.

**Discussion:** Do you get enough sleep?

**Activate:** Ask a grown up to help you plan a bedtime routine to get enough sleep. Stick to that routine and feel the difference in your energy!

## Session 4: Move

**Captivate:** How much of your time is screen time?

**Educate:** Some screen time is okay, but it's important to be active throughout the day. If you feel bored, think of ways to be more active. You will stimulate your brain and give your energy a boost.

**Discussion:** Do you think you spend more of your free time moving or in front of a screen?

**Activate:** During screen time, set a timer and get up and move every 20 minutes.

## Session 6: Recharge

**Captivate:** Who has lots of energy today?

**Educate:** You know you get energy from sleep, but did you know you also get energy from relaxing throughout the day? Quiet activities like yoga, reading, or listening to music are great choices. Screen time doesn't count!

**Discussion:** What do you do to relax during the day?

**Activate:** This week, let's relax without screens. Stretch, draw, read, or do whatever you like!

## Session 8: Move

**Captivate:** What fun ways did you move today?

**Educate:** Moving is more than just exercise. You're more likely to move if you choose an activity you enjoy.

**Discussion:** What's your favorite way to move?

**Activate:** Choose anything fun to get you moving! Do it every day this week.

