



## Advocates for Health in Action

Shaping a community where healthful eating and physical activity are the way of life

[www.advocatesforhealthinaction.org](http://www.advocatesforhealthinaction.org)

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As physicians serving your community, we are concerned about the obesity epidemic facing our children. Providing healthy options for children and families is one way to combat this epidemic. Sports programs, like ones offered by your agency, are wonderful opportunities to increase physical activity in children. We believe healthy snack choices would be a natural and important complement to these programs.

We would like you to consider using the following handout as a snack policy for your youth sports program. The information has been developed by dietitians and physicians who agree that fruit, vegetables and water are the best way to refuel a child's body after a game or practice. This document can be used alone or printed on the back of your league schedules.

We hope you will consider making this investment in the health of the children who participate in your programs. Evidence shows us that parents quickly become accustomed to providing these types of snacks and children easily adjust to the change when they recognize that healthy foods contribute to more energy and better athletic performance.

If you have any questions or comments, please feel free to contact Advocates for Health in Action at (919) 350-8366. AHA is happy to provide any technical support you need to implement your healthy snacking plan. Please feel free to distribute the handout in any way you wish. You may use it as the back of your league schedule or post it online, for example. Thank you for considering changing your environment so healthy choices are easy choices. For more information or to take the healthy snack pledge, visit [www.advocatesforhealthinaction.org](http://www.advocatesforhealthinaction.org).

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