



A guide on how to implement 5210 A Way of Life with sport teams.



Step 1. What is 5210?

Learn about the different 5210 A Way of Life messages.



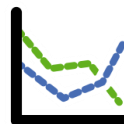
Step 2. What do we do?

Complete the quick survey.



Step 3. What can we change?

Set goals.



Step 4. Did it work?

Complete the evaluation.



Step 5. Celebrate

Receive recognition and celebrate with your sport team!



Step 1. What is 5210?

Learn about the different 5210 A Way of Life messages.



Messages

Enjoy! – 5 servings or more of vegetables and fruit every day.



- ✓ Eat at least one vegetable or fruit at every meal.
- ✓ Try a new vegetable or fruit. It may take many attempts before you enjoy a new taste.
- ✓ Wash and cut up vegetables and fruit so they are ready to grab and eat. Remember to place them where they will be seen.
- ✓ Try new ways to prepare vegetables and fruit to make them tasty.

Power down! – No more than 2 hours of screen time per day.*



- ✓ Make screen time rules.
- ✓ Keep screens out of the bedroom.
- ✓ Turn off screens and enjoy a family meal together.
- ✓ Find ways to have fun without screen time.

* No screen time under the age of two.

Move more! – At least 1 hour of physical activity every day.



- ✓ Enjoy outdoor activities every season.
- ✓ Plan to be active every day.
- ✓ Find activities you enjoy.
- ✓ Be active together.

Drink more water! – 0 sugar added beverages.



- ✓ Make water your first choice. Add slices of vegetables or fruit for flavor.
- ✓ Plain milk and soy beverages are part of a healthy diet.
- ✓ Read the ingredient list to know if sugar has been added.
- ✓ Avoid sugar added beverages such as pop, fruit punch, sport and energy drinks and even limit 100% pure fruit juice.



Step 2. What do we do?

Complete this quick survey



Reflect and Assess

1. Does our sport team offer healthy food at events or tournaments?

2. Does our sport team serve / promote water rather than sugary beverages?

3. Does our fundraising promote healthy lifestyles?

4. Does our sport team promote a healthy lifestyle to our players and families?

5. Does our sport team provide education about healthy lifestyle to our coaches?



Step 3. What can we change?
Set goals.



Action Plan

Look back through the 5 questions and the 5210 A Way of Life messages and write 1 to 3 goals that you would like to work on this month, season, or year.

Goal 1. _____

Goal 2. _____

Goal 3. _____

What steps do you need to take to achieve your goals? List the tasks below:

Goal 1. What are the tasks?		Who will complete the task	By when
1			
2			
3			
Goal 2. What are the tasks?		Who will complete the task	By when
1			
2			
3			
Goal 3. What are the tasks?		Who will complete the task	By when
1			
2			
3			



Step 4. Did it work?

Complete the evaluation.



Success

Complete the evaluation and submit to your 5210 A Way of Life leader

Goal 1. _____

How did we implement this goal? Fully Partially Not implemented

Goal 2. _____

How did we implement this goal? Fully Partially Not implemented

Goal 3. _____

How did we implement this goal? Fully Partially Not implemented

We also have this goal (if applicable):

How did we implement this goal? Fully Partially Not implemented

If you had any difficulties implementing your goals, what were they?

Do you have any suggestions to improve 5210 A Way of Life in the community?



Step 5. Celebrate:

Receive recognition and celebrate with your sport team!

- By having implemented your 5210 goals you will receive a decal recognizing your participation in 5210 A Way of Life.
- Your sport team will also be featured on our website and we can also promote your story in the media.
- Celebrate with your team!