



*A Way of Life. Un mode de vie.  
Ta'n Tel-mimajimk*



## Sport teams

A guide on how to implement *5210 A Way of Life*



### Step 1: What is 5210?

Learn about the different 5210 A Way of Life messages.



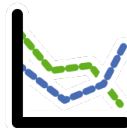
### Step 2: What do we do?

Complete the quick survey.



### Step 3: What can we change?

Set goals.



### Step 4: What worked well?

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! At least 5 vegetables and fruits 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 fruits so they are ready to grab and eat. Remember to place them where they will be seen.
- ✓ Try new ways to prepare vegetables and fruits 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/sell healthy food at events or tournaments?**

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**2. Does our organization serve/promote water as the healthiest beverage choice?**

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**3. Does our fundraising promote healthy lifestyles?**

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

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

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**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: What worked well?

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!