



# COACHING HEALTHY HABITS



**Coaching Healthy Habits** provides coach training and parent resources to promote three simple principles: **drink right**, **snack smart**, and **move more**.

Bring Coaching Healthy Habits to your organization with these easy steps.

## 1 SHARE THE COACHING HEALTHY HABITS TRAINING VIDEO WITH COACHES

You can embed [the training](#) on your own website or share on social media channels.

## 2 DISTRIBUTE EDUCATIONAL MATERIALS TO COACHES AND PARENTS

Visit [www.coachinghealthyhabits.org](http://www.coachinghealthyhabits.org) to find snack lists, tips on hydration, and more free resources.

## 3 CREATE A HEALTHY CONCESSION STAND

Get started with these simple ideas: [3 Steps to a Healthier Concession Stand](#)

Want more info? Contact Healthy Kids Out of School at [HealthyKidsOutOfSchool@tufts.edu](mailto:HealthyKidsOutOfSchool@tufts.edu).



NCYS is working with [Healthy Kids Out Of School](#), an initiative of ChildObesity180 at Tufts University School of Nutrition.