



Attention Coaches, Parents and Athletes:

Congratulations on your choice to participate in youth sports! This is a great way to add physical activity to a child's day, which is essential to their health and development. As you are taking steps to provide a healthier lifestyle for children, the Healthy Wayne Task Force would like to recommend that you include plenty of water in your plans for the season. In fact, the only drink your athletes need is water. Sugary drinks are not necessary or recommended and should be kept for special occasions such as an end of season party. If you develop a drink/snack schedule for parents, please make water the preferred choice of beverage.

Moving to water (and other non-sugary drinks)

Soft drinks and juice drinks are popular because they are sweet tasting and have a lot of flavor. That can make the switch to water less attractive. Ways to increase the amount of water your child drinks include:

- Only have water and other non-sweetened beverages available.
- Keep water chilled.
- Add a squeeze of lemon or lime juice.
- Move gradually from juice to water by mixing the juice with water. Use more water each time.
- Use sugar-free drink mixes and try to avoid iced teas with caffeine.

Bottled water vs. tap water

Many people worry about the quality of tap water and choose to drink bottled water instead. In the United States, however, there is no evidence that bottled water is safer or healthier than tap water. Tap water is required to meet stringent federal guidelines and bottled water does not have to meet these same standards. In fact, some bottled waters actually are tap water.

You can find more information on our website, GOWAYNEGO.ORG. Have a great season!

Brought to you by The Healthy Wayne Task Force

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WATCH • Goldsboro YMCA • United Way of Wayne County • NC Cooperative Extension
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Take the 5-3-2-1-0 Commitment! Pledge daily:

5 fruits and vegetables, 3 balanced meals, 2 hours max of screen time,
1 hour of physical activity, 0 sugary drinks