

WHY HEALTHY HALFTIMES?

Playing sport is great for health and wellbeing. And the right fuel helps get the best performance. Healthy Halftimes supports junior players to fuel up with healthy eating and drinking and dispel the myth that high sugar foods such as lollies and sports drinks improve sport performance.

IN 2020, HEALTHWAY CONDUCTED A SURVEY OF 200 PEOPLE INVOLVED IN JUNIOR SPORT, MOST OF THESE WERE PARENTS. THE SURVEY FOUND THAT:

41% of junior players eat unhealthy snacks at halftime;

60% eat unhealthy snacks at fulltime;

82% of parents think that healthy eating and drinking is important for their children, and even more important at sporting games;

88% of parents and others supported having pre-cut fruit at halftime

WHAT CAN YOU DO?

PARENTS, COACHES AND MANAGERS CAN SUPPORT YOUNG PEOPLE TO MAKE HEALTHY CHOICES WITH SOME SIMPLE ACTIONS:

1. Pack a water bottle to drink before, during and after sport
2. Provide fruit for healthy halftime snacks (not lollies!)
3. Encourage healthy choices after the game
4. Give players healthy rewards e.g. games, recognition or raffle tickets for an end of season prize
5. Be a role model: drink water and eat healthy foods in front of junior players!

GET ON BOARD!

Join the Healthy Halftimes community!
Participating clubs and associations can receive \$500!

Register your interest in being a Healthy Halftimes Coordinator for your club, email healthway@healthway.wa.gov.au. We'll send you a simple toolkit with tips and ideas for how to make healthy halftimes the norm in junior sport.

