

# WE'RE A HEALTHY HALFTIMES CLUB!



IS YOUR TEAM  
ON BOARD?

**WE DON'T NEED** SPORTS  
DRINKS, SUGARY DRINKS OR  
LOLLIES TO PLAY SPORT!

**GOOD FUELS** INCLUDE FRUIT,  
VEG, WHOLE GRAINS AND  
LOW-FAT DAIRY PRODUCTS

**HEALTHY HALFTIMES =**  
SIMPLE...CHOOSE  
WATER + BRING  
BACK THE ORANGE!



**WE'RE BLOWING  
THE WHISTLE ON  
SUGARY SNACKS!**

For more information email  
[healthway@healthway.wa.gov.au](mailto:healthway@healthway.wa.gov.au)





# BE A HEALTHY HALFTIME HERO:



**PACK A WATER BOTTLE** TO  
DRINK BEFORE, DURING AND  
AFTER SPORT



**BRING FRUIT** FOR HEALTHY  
HALFTIME AND FULLTIME  
SNACKS, START A FRUIT ROSTER  
FOR YOUR TEAM THAT DOESN'T  
INCLUDE LOLLIES!



**MAKE HEALTHY CHOICES**  
AFTER THE GAME

**GIVE HEALTHY REWARDS**  
E.G. GAMES, RECOGNITION OR  
RAFFLE TICKETS FOR AN END  
OF SEASON PRIZE



**BE A ROLE MODEL**  
DRINK WATER AND EAT  
HEALTHY FOODS IN FRONT  
OF OUR PLAYERS!

