

WE'RE A KICKSTARTER CLUB! ARE YOU 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 BREAKS =
SIMPLE...CHOOSE
WATER + FRUIT!



WE'RE BLOWING THE WHISTLE ON SUGARY SNACKS!



For more information email
projects@wa.swimming.org.au



BE A KICKSTARTER CLUB HERO:



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



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



MAKE HEALTHY CHOICES AFTER SWIMMING



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 OTHER PARTICIPANTS!

Fuel to Go & Play.

KICK-STARTER CLUBS