

BE A HEALTHY SPORTS 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
CHOOSE GREEN AT THE CANTEEN



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!

For more information visit fueltogo.com.au

healthway

Fuel to
Go & Play.