



Coaches:

Kaysville Parks & Recreation would like to challenge you to get involved in a Healthy Community initiative. The part you could play in this is to implement the following two small steps as a volunteer coach.

- **Practice: Traditionally practices are one hour in length. Please take 15 minutes of practice to do a simple fitness routine. Such as—5 minutes of stretching, 5 minutes running, 5 minutes calisthenics, 5 minutes jumping jacks, sit ups and push ups.**
- **After Game Treats: When making your treat assignments for parents, we would like to encourage you to have parents bring healthy treats. Some examples are—A big juicy apple, strawberries, whole wheat muffins, yogurt or trail mix. As far as a drink make sure to suggest real fruit juice and not a sugary substitute or soda.**



Thank you for your help in making Kaysville a “Healthy Community”!

—Parks & Recreation Staff

**Healthy Kids,
Healthy Communities
Supporting Community Action to
Prevent Childhood Obesity**