SUN SAFETY IS IMPORTANT because it protects us from...

- Skin Damage
- Skin Cancer
- Heat Stroke
- Heat Exhaustion

SUNLIGHT IS the main source of VITAMIN D BUT ALSO the main cause of SKIN CANCER

- Our bodies need Vitamin D. We produce it mainly from sunlight. How much sun we need varies.
- Enjoying the sun safely and avoiding sunburn should help you get a good balance.
- Too much UV from the sun or tanning beds raises the risk of skin cancer.

ENJOY THE OUTDOORS

Being physically active outside is healthy and can help prevent conditions like obesity. But it’s important to be sun smart when playing and working outdoors.

USE A LAYERED APPROACH FOR SUN PROTECTION

- Sunscreen must be re-applied every 2 hours after swimming, sweating or toweling off.
- Wear a hat, sunglasses and protective clothing to shield skin and eyes.
- Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.
- Seek shade, especially during midday hours.

THINGS TO LOOK FOR IN A SUNSCREEN

WATER RESISTANT
For up to 40 or 80 minutes. Sunscreens are not waterproof or sweat proof and need to be reapplied.

SPF 15 OR HIGHER
This tells you how well a sunscreen protects you from a sunburn.

BROAD SPECTRUM
Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays.
MAKE SURE YOU GET THE RIGHT VITAMINS

Getting vitamin D from the sun, some foods & supplements helps keep your bones strong.

Many people need to take a multi-vitamin pill, calcium pill and vitamin D daily.

Talk with your doctor about a vitamin D test and which vitamins you may need to take.

CHOOSE DRINKS AND FOODS THAT STRENGTHEN YOUR BONES

COW MILK

SOME MILK ALTERNATIVES

Dark Leafy Green Vegetables
Fortified Cereals
Beans, Legumes, and Pulses

Yogurt and Cheese
Small Fish (e.g., sardines)
Fortified Orange Juice

PRACTICE SPORTS REGULARLY

The more you practice and play your sport, the stronger your bones become.

WHAT TYPE OF EXERCISE HELPS BONES?

Weightbearing and Strength Training

CHOOSE NOT TO SMOKE OR DRINK

Tobacco and alcohol can hurt your bones and make them break easier.

LET’S HAVE STRONG BONES

MY GOAL:
Keeping my Bones Strong for my Sports and Life
HAND WASHING IS IMPORTANT BECAUSE...

- Regularly washing your hands with soap and water can protect you from illnesses caused by viruses and bacteria.
- It is the best way to stop germs from spreading.

6 EASY STEPS TO CLEAN HANDS

1. Wet your hands
2. Apply soap
3. Wash your hands for 20 seconds
4. Rinse well
5. Dry your hands
6. Turn off water with paper towel

HOW DO I KNOW IF I WASHED MY HANDS FOR 20 SECONDS?

- Sing Happy Birthday to yourself twice
- OR
- Sing the alphabet song to yourself

WHEN TO WASH YOUR HANDS

- After using the toilet
- Before preparing, touching, or eating food
- After playing with animals
- After your sports practice
- After coughing, sneezing, or blowing your nose or mouth

My goal: Have clean hands and prevent spread of germs.
**WATER FUEL FOR HEALTH AND SPORT PERFORMANCE**

- **Goal:** Drink 5 bottles of water every day
- **Bottle:** 16-20 oz. or 500-600 ml

**BEST TIME TO DRINK WATER**

- Drink water at each meal and snack during the day.
  - Morning meal
  - Mid-morning
  - Noon meal
  - Mid-afternoon
  - Evening meal

- Drink at least 1 bottle of water during sports.
  - During practice or exercise
  - Before practice or exercise
  - After practice or exercise

**SIGNS OF DEHYDRATION**

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

**Drinking water right away, slow down and cool off**

**URINE CHART**

**How to tell if you are hydrated**

1. Drink water right away, slow down and cool off
2. Hydrated: Keep up the good work!
3. Dehydrated: Drink water.
4. Very Dehydrated: Drink water. See a doctor if your urine continues to stay this color

**HEALTHY BEVERAGE OPTIONS**

- Drink low-fat milk and small amounts of 100% juice
- Water is the best choice for hydration!

**WHY HYDRATION IS IMPORTANT**

- Your body needs water to keep it working properly
- You lose water every day when you go to the bathroom, sweat and even when you breathe
- You need to replace the water you lose so you stay healthy, hydrated and perform at your best

**TIP:** Drink out of a sports water bottle—they are refillable and can hold the right amount of water

**WHY HYDRATION IS IMPORTANT**

- Your body needs water to keep it working properly
- You lose water every day when you go to the bathroom, sweat and even when you breathe
- You need to replace the water you lose so you stay healthy, hydrated and perform at your best

**WATER FUEL FOR HEALTH AND SPORT PERFORMANCE**

- **Goal:** Drink 5 bottles of water every day
- **Bottle:** 16-20 oz. or 500-600 ml

**MY GOAL:**

Drink enough water throughout the day to stay hydrated
IT’S EASY EVERY DAY

- Make half my plate fruits and vegetables
- Include fruit at breakfast
- Include a salad for lunch and dinner
- Eat a rainbow of colors
- Add vegetable to soups, broth and sandwiches and other foods
- Plant a vegetable or fruit garden at home or in your community

TRACK YOUR DAILY 5 FRUITS AND VEGETABLES IN YOUR FIT 5 TRACKING TOOL

FRUITS AND VEGETABLES ARE IMPORTANT BECAUSE...
- They give your body important vitamins, minerals and energy needed for good health.
- Provide energy for your sport
- They are colorful and taste good
- You can grow at school, home or in your community

TIP: Fresh, local and in season fruits and vegetable are the best!

IT’S EASY AT SPORTS TIME
- Bring cut-up vegetables or fruit or a quick healthy snack to your practice
- For crunchy foods, try apple slices, small carrots, celery sticks, or snap peas
- Don’t forget to bring fruits and vegetables to eat when traveling to your competitions

MY GOAL: Eat at least 5 fruits and vegetables every day.
MY GOAL: Become a better athlete and healthier by enjoying physical activity outside of my sports practice.

GETTING STARTED
- List the reasons you want to get active
- Write down active things you like to do
- Pick something you will want to stick with
- Find some buddies to exercise with
- Schedule regular time to do it
- Start slowly, start small

PHYSICAL ACTIVITY IS ANYTHING YOU DO THAT MAKES YOU MOVE. IT’S EASY TO FIT PHYSICAL ACTIVITY INTO YOUR EVERYDAY

What do you like to do to be more active?

PICK ACTIVITIES THAT IMPROVE YOUR...
- Strength
- Flexibility
- Endurance
- Balance

LIMIT YOUR SITTING AND SCREEN TIME
Move more, sit less, everyday!

BEING MORE ACTIVE MAKES US HEALTHIER
- Improves sleep
- Lowers blood pressure
- Reduces appetite
- Strengthens bones
- Improves mood
- Helps manage weight
- Boosts brain power
- Increases energy

Remember to stay hydrated when you exercise.

The mark “CDC” is owned by the US Dept. of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular website, sponsor, or enterprise.
**MY GOAL:**
Choose Sports, Avoid Tobacco and Secondhand Smoke

---

### WHY TOBACCO AVOIDANCE IS IMPORTANT

- People who don’t use tobacco, or quit using it have more oxygen in their body. This helps you perform your best!

- Tobacco and smokeless tobacco use or exposure increases your risk for: heart and lung disease, cancer, tooth loss, bone fracture and more

- Tobacco use is an expensive habit – use your money for things that make you healthier like healthy foods, activities and your sports.

- Breathing in secondhand smoke is also harmful to your health

### WHAT IS SECONDHAND SMOKE?

- Smoke from a cigarette or tobacco product
- Smoke breathed out by a smoker

### STRATEGIES FOR AVOIDING SECONDHAND SMOKE

- Decide to have a smoke free home and car
- Choose to go to places that are smoke-free or leave the room
- Say “I am an athlete and fresh air helps me perform my best” so you can stop smoking or go elsewhere
- Take a walk or call a friend to do something outside
- Support friends and family as they quit smoking

---

### AVOID TOBACCO IN ALL FORMS

Avoid cigarettes, e-cigarettes, vaping, chew, and all tobacco products.

---

### CHOOSE SPORTS, NOT TOBACCO

**Here are things I can choose to do:**

- If I do not use tobacco, I choose not to start
- If I smoke, I will ask to my doctor to help me quit
- If I chew tobacco, I will ask my doctor to help me quit
- If I smoke or chew tobacco, I will ask my friends and family to support me to quit

---

### IF YOU AVOID TOBACCO, YOU CAN PERFORM BETTER AND...

- **Run and walk faster and farther**
- **Play your sport and be active longer**

---

The mark “CDC” is owned by the U.S. Department of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.