



Count Me In!

Health and Fitness – Changing Lives

When individuals, families, and teams choose to make healthy living a priority, athletes are more successful in their sports and motivated to make healthy choices on their own.

I/We pledge the following:

- ✓ Commit to practice recommended sports skills each week. As Family members we commit to encourage and support the athletes as he/she trains.
- ✓ Turn off the TV during meals 3 nights per week to have personal reflection and share some family time
- ✓ Use the **Training Cards** for nutrition and exercise
- ✓ Commit to exercise 30 minutes per day
- ✓ Get involved in preparing healthy well-balanced meals and snacks
- ✓ Drink Water when we are thirsty
- ✓ Make sure all family members have regular health check-ups
- ✓ Try new things in the community to develop hobbies, friendships and independence
- ✓ Wash our hands after using the restroom and also before and after meals
- ✓ As a family of a 3-7 year old with Intellectual Disabilities we commit to playing active games with them (Young Athletes Guide)

Post this at home in a prominent area