

A Coach's Guide to 9-5-2-1-0 -- Your Winning Numbers for Health!

What is 9-5-2-1-0 for Health?

9-5-2-1-0 for Health is an easy-to-remember formula for helping youth live a healthy lifestyle. Youth sports coaches can play a special role in helping youth learn and practice the **9-5-2-1-0 for Health** habits, which include:

- ✓ 9 hours of sleep per day
- ✓ 5 servings of fruits and vegetables per day
- ✓ 2 hour limit on screen time per day
- ✓ 1 hour of physical activity per day
- ✓ 0 sugar-added beverages per day

What can coaches do to promote 9-5-2-1-0 for Health?

Here are 10 things you can do to help your athletes live healthy and optimize their energy for athletic performance.

	✓
9 Hours of Sleep	
1. Educate team members on their need to get 9 hours of sleep to recover from the day's physical activities and to have energy for the next day's events.	
2. Suggest that your team members develop regular evening bedtime routines to aid them in falling asleep at night.	
5 Fruits/Vegetables	
3. Educate team members on the importance of eating five fruits and vegetables a day for strong muscle growth and high energy.	
4. Offer fruits/veggies or healthy foods for snacks when traveling to games.	
2 Hour Limit on Screen-Time	
5. Encourage team members to limit their recreational screen time to no more than 2 hours per day	
6. Remind team members that time can be better spent on developing their game having fun with friends and family	
1 Hour of Physical Activity	
7. Teach your athletes that regular physical activity boosts athletic performance	
8. Use intelligent training methods aimed at helping athletes develop balanced fitness	
0 Sugar-Added Beverages	
9. During games and practice, encourage your team to drink plenty of water	
10. Encourage your team to drink water, low-fat milk, or 100% juice with meals and snacks	

Learn more!

- ✓ Go to www.tippingthescales.net to learn more about **9-5-2-1-0 for Health**
- ✓ Go to www.PositiveSports.net to learn more about positive coaching

Northern Virginia
Healthy Kids Coalition

