



Count Me In! Fit Families / Fit Friends – Changing Lives

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

Our team pledges the following:

- ✓ Athletes commit to practice recommended sports skills each week. As team members, we commit to encourage and support our athlete as he/she trains;
- ✓ Turn off the TV during meals 3 nights per week and share some family time ;
- ✓ As a team, we commit to exercise 30 minutes at least 4 times a week;
- ✓ Get athletes and teammates involved in preparing healthy well-balanced meals and snacks;
- ✓ Drink water when we are thirsty;
- ✓ Make sure all team 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!