

HOME FIELD ADVANTAGE

Fourth Down



EXTRA POINTS

Tips and ideas to try at home

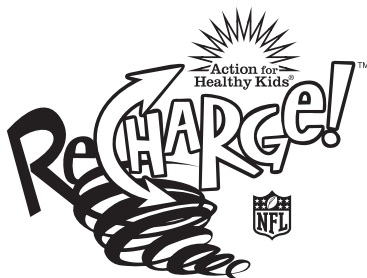
“Energy In”

- Try to eat at least one meal together each day as a team. You can call it your training table!
- Set family goals for eating healthy, and work together to reach them.
- Prepare nutritious meals together. You can find recipe ideas at <http://docs.schoolnutrition.org/recipes/>.

“Energy Out”

- Be a good role model! If you eat right and are physically active, you have a good chance of helping your children make those choices, too.
- Each weekend, have one or more of your children pick one physical activity for the whole family to do.
- Challenge your child to jump rope for five minutes. When he or she is done, enjoy a big hug and then you try it!
- Ask your child to teach you some of the team games he or she has learned in **ReCharge!**, and give one of them a try.

Some of the tips above are from **We Can! (Ways to Enhance Children's Activity & Nutrition)**, a public education program from the National Institutes of Health. For more ideas and tips to help your family eat well and get physically active, call 1-866-35-WECAN or go to <http://wecan.nhlbi.nih.gov>.



One important theme of **ReCharge!** is to teach kids the power of teamwork to reach their goals — in school and at home. This issue of **Home Field Advantage** focuses on the **power of teamwork!**

Through **ReCharge!** activities, children learn that players on winning teams support each other so when one scores, the entire team wins. They also learn that nutrition and physical activity are a winning team helping them perform and feel their best.

We know your child's first and most important team is his/her family. Your home field is where your child first learns important team skills such as cooperation, respect, communication and support. Research has shown that parents are often their children's most important role model. When asked, children often say that parents are their most respected role model as well.* This gives you a great opportunity to teach your child health-promoting behaviors.

You can help your child be a good team member in many ways. Encourage the team concept at home. Be a good role model for your child as he or she works toward healthy nutrition and physical activity goals. And practice the following team elements with the whole family:

- **Cooperation** — working together, helping one another
- **Peaceful communication** — talking to one another, getting along
- **Encouragement** — supporting and helping each other to do our best
- **Respect** — respecting people for who they are
- **Listening** — really hearing what others on the team say

Legendary NFL football coach Vince Lombardi once said, “People who work together will win.” When you work with your child to reach goals — about nutrition and physical activity as well as other things — you can have a lifetime of winning seasons!

* From **We Can! Families Finding the Balance: A Parent Handbook**, from the National Institutes of Health, available at <http://wecan.nhlbi.nih.gov>.

Family Huddle

Topics for team discussion at your training table (or dinner table!)

Talk with family members about how you currently work together as a team, and come up with a game plan for what else you can do to help and support each other to reach your goals.

Brought to you by **ReCharge!**, The After-school Program from Action for Healthy Kids and the National Football League

Home Field Recipe

Two minute drill with...
JIM MORA, JR.,
Assistant Head Coach of the
SEATTLE SEAHAWKS

Quick questions and answers
about teamwork

- Q:** What do you do to prepare and motivate your players to work together as a team?
- A:** At this level, players know they have to work together to be successful. While there are players who get more credit than others, every good player knows he needs his teammates to win games.

Q: Would you rather have a player with tremendous individual skill or a tremendous team player?

A: Ideally I'd like to have both, but if given the choice I'd take the team player. Players who only care about their own skills and success ultimately bring a team down and detract from its success. Great team players know how to motivate themselves and other players toward greatness.

Q: What advice would you give to parents about "coaching" their kids to reach their goals?

A: Parents are coaches of the most important teams of all. I'm a parent, and that's the hardest, but most important job I have. I would encourage parents to make their kids feel like their family is a team that has to work together, to help their kids set realistic goals, to work together to achieve them and not to be too tough on them if they mess up!

Teamwork Soup

- 1/4 cup cooperation
- 2/3 cup peaceful communication
- 1 teaspoon encouragement
- 3 ounces respect
- 1 gallon responsibility
- 2 cups of working together
- 2 teaspoons of listening
- 1 cup support
- pounds of patience
- tolerance for flavoring

1. Combine the first 5 ingredients and set aside in a bowl.
2. Boil 2 cups of working together.
3. Add in 2 teaspoons of listening and 1 cup of support.
4. Sift in pounds of patience and mix all ingredients in a large pot.
5. Let simmer on low for 2 hours and serve hot. Flavor with tolerance to taste.



Coach's Notes

Important dates, resources and information for parents

- ✓ Mark your calendars for **ReCharge! Field Day** on _____.
- ✓ Don't forget to check out your child's "**Energy In-Energy Out**" **Trackers** as well as his or her **ReCharge! Playbook**.
- ✓ For more information about healthy eating, visit www.MyPyramid.gov.
- ✓ Go to NFLyouthfootball.com for more information on physical activity and to view physical fitness activities from the **ReCharge!** program.

ReCharge! HOME FIELD ADVANTAGE: Fourth Down



Action for Healthy Kids is a nonprofit organization specifically formed to address the problem of overweight, undernourished and sedentary youth by focusing on changes in schools. To learn more, visit www.ActionForHealthyKids.org.

