



Healthy Drink Choices

On Friday, December 10, 2021, Susan Murray, Athlete Programs Manager hosted a Zoom call with Athlete Leaders that included Mikey Love, Bailey Castille, Jason Kinney and Brett Tabor. Bailey, Jason and Brett would also like to be trained to be a Health Messengers. On the call we discussed talked about Inclusive Athlete Leadership training and the components Inclusive Athlete Leadership. We discussed how drinks provided at events/trainings which are typically Powerade, are full of sugar and how this affects people and better drink option choices for future events/trainings. Some of the better drink options we discussed were providing bottled water and individual flavor packets or lemons so the athletes could would have better options in order to ultimately make better decisions. We also discussed the high sugar content in other soda products such as coke, sprite, and other soft drinks provided.

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