



Positive Choices Positive Outcomes



POSITIVE CHOICES
POSITIVE OUTCOMES

The Canberra Raiders encourage all players to be positive role models for young people in the ACT and surrounding region.

Thinking and acting positively ultimately leads to improved outcomes on and off the playing field.

Supported by the ACT Government under the ACT Health Promotion Grants Program





Captain's Message

As elite athletes the Raiders know that to be playing our best on the field we need to be looking after ourselves properly off the field. We do this by following the Eat Well Play Well Stay Well messages.

By eating healthy foods, leading an active lifestyle and being comfortable with ourselves and others, we know that we are going to be putting in our best performance whether this is during a game or during our day to day lives.



David King



Eat Well

EAT WELL means eating a healthy variety of foods every day. This includes:

- Fruit and vegetables to give your body vitamins and nutrients
- Dairy for strong bones
- Meat, eggs and lentils provide protein to help your body repair and grow
- Bread, cereals and rice give you carbohydrates for energy and more brainpower!

Foods that are high in sugar and fat, like cakes, lollies and chips are **SOMETIMES** foods. You can eat these occasionally and in small amounts. It's important to balance sometimes foods with **EVERYDAY** foods like fruit, vegetables, yoghurt and wholemeal bread.

DRINKING WELL is just as important as eating well, 60% of your body is made of water. It's vital to drink water throughout the day, 8 – 10 cups per day if you can. This stops you from dehydrating, helps your food to digest and cleans your entire body.



POSITIVE CHOICES

POSITIVE OUTCOMES



Go for 2&5[®]

FRUIT VEG

To Eat Well, remember 2 and 5 is the rule! Eat two serves of fruit and five serves of veggies a day.

This might seem like a lot but remember that a salad sandwich with lettuce, tomato, avocado and carrot is four serves of veggies in one hit! Add ham and cheese to your wholemeal bread sandwich and you're eating four healthy food groups at once.

What is a serve?

Fruit

- 1 medium piece of fruit, e.g. apple, banana, orange, pear
- 2 small pieces of fruit, e.g. apricots, plums, kiwi fruit
- 1 cup of canned fruit
- ½ cup juice (1/2 'Popper Juice')

Vegetables

- ½ cup cooked vegetables
- 1 cup salad vegetables
- 1 potato



Play Well

PLAYING WELL means being active and enjoying yourself at the same time. Exercising and playing sport keeps your heart, lungs, muscles and bones strong, lifts your energy and helps maintain a healthy weight.

Playing a team sport – like rugby league – is also a great way to make friends, and best of all it's fun! Some other ways you can Play Well are:

- Walk or ride your bike to school
- Play Frisbee in the park with your friends
- Jump on a trampoline
- Take your dog for a walk

Playing Well is not about being the best at something, it is about having fun while you exercise. Playing Well also means playing fair. Anger, frustration and abusive behaviour have no place in sport.



POSITIVE CHOICES

POSITIVE OUTCOMES

Stay Well

If you eat well and play well, you'll STAY WELL!

Stay Well means being happy, relaxed and comfortable with yourselves and others. To Stay Well you need to be kind and respectful to others and yourself. If something is upsetting you, tell someone you trust, like a relative or teacher. Talking about a problem will make you feel better and help you find a solution.

Eating the right foods, exercising every day, working to the best of your ability at school, and being a good friend to yourself and others is a recipe for success!



My 2 & 5 Diary

To practice going for 2 and 5, why not start with a weekly food diary. Cross out the 2 fruit symbols and 5 veggie symbols as you have each serve to see how easy it is to fit this in to your meals every day.

Monday:



Tuesday:



Wednesday:



Thursday:



Friday:



Now that you have completed your first week of eating 2 serves of fruit and 5 serves of veggies each day make sure you don't stop now. It's easy to get these serves in to your daily meals, so keep going for 2 and 5 everyday!

POSITIVE CHOICES

POSITIVE OUTCOMES

Win a training session and healthy lunch for your class with the Canberra Raiders!

For your chance to win a training session and healthy lunch with the Canberra Raiders why not enter the Raiders Healthy Recipe Competition. Come up with your own healthy recipe for breakfast, lunch, dinner or a snack and send it to:

**Canberra Raiders Marketing Department,
PO Box 3315
Belconnen BC ACT 2617**

by Friday 24th September, 2010.



Question Time!

- How many serves of fruit and vegetables should you have every day?

Serves of fruit =

Serves of vegetables =

- What are sometimes foods and when should they be eaten? _____

- How do you Stay Well? _____

- How many glasses of water should you aim to drink each day? _____

- List 5 activities or sports that you can do to Play Well:

1. _____

2. _____

3. _____

4. _____

5. _____

POSITIVE CHOICES

POSITIVE OUTCOMES

Find a word

Healthy

Recipe

Raiders

Eat

Play

Stay

Sport

Carrot

Trust

Fun

Try

Exercise

Learoyd Lahrs

Thompson

Dugan

Shillington

Harrison

Apple

Well

Water

Banana

Fruit

Vegetables

Energy

S A V X E S I C R E X E D
R H R D W K Y S O C N V R
H E I Z E A P N P E G E L
A A E L L M O N R O P G N
L L L P L R S G F E R E O
D T P I E I Y P A C V T S
Y H P T B A N A N A D A I
O Y A T S E U G F R U B R
R W D I W A Y R T R G L R
A T R U S T S D W O A E A
E U I R E C I P E T N S H
L C S F U N R A I D E R S
S A T H O M P S O N U I C

Tips from the Raiders Senior Leadership Group



Alan Tongue

"Make sure you eat a variety of healthy foods every day. We all have snacks throughout the day but next time you get a snack attack make sure you go for a piece of fruit instead of chips or a chocolate bar"



Bronson Harrison

"It doesn't matter how fast you can run or whether you can kick or catch a ball better than your mates, exercise is about having fun and always playing fair"



Terry Campese

"If you are angry or upset, talk to someone you can trust and always treat others as you would like to be treated"



Josh Miller

"Remember that 2 and 5 is the rule - eat two serves of fruit and five serves of veggies everyday"

POSITIVE CHOICES

POSITIVE OUTCOMES

2010 Adopt-a-Raider Schools

The Canberra Raiders wish to thank the following Adopt-a-Raider schools for taking part in the 2010 Positive Choices Positive Outcomes Program:

Ainslie Primary School	Rosary Primary
Amaroo School	Sacred Heart Primary Pearce
Bradfordville Public School	St Anthony's Wanniasa
Bungendore Public School	St Bede's Red Hill
Florey Primary School	St Clare of Assisi Conder
Gordon Primary	St Francis of Assisi
Harrison School	St Gregory's
Jerrabomberra Public School	St John Vianney's Primary School
Latham Primary School	St Matthew's Primary Page
Macgregor Primary School	St Michael's Kaleen
Macquarie Primary School	St Thomas More's
Mount Rogers Primary School	Saint Vincent's Primary School
Ngunnawal Primary School	Urambi Primary
Queanbeyan East	Wanniasa Hills Primary
Queanbeyan Public School	Wanniasa School (Junior Campus)
Queanbeyan South	Queanbeyan West Primary School