

## Healthy Beverage Policy

*The Cambridge Walking Club strives to promote health and wellness for families.*

*As mentors and role models for children and families, we need to work hard at maintaining a healthy image at work and providing healthy opportunities and choices to our community and clients. Therefore,*

Our club will not serve sugar sweetened beverages or 100% fruit juice to children at any of our:

- Exercise practices
- Events
- Retreats

Water will always be provided free of charge in our water containers (*Whenever possible, water will be served in pitchers rather than plastic bottles*).

Alternative beverages for families might include healthy alternatives such as:

- Carbonated water, flavored or unflavored, without sweeteners
- Nonfat or 1% milk (plain, not flavored)
- Consider serving whole fruit slices in place of 100% juice or flavored punch

### **Implementation of policy:**

#### Exercise Practices

- Bring the water container on a daily basis to the exercise practices.
- Station the water container in a common area where all members can access the water with ease.

#### Workshops/Pep-talks

- Give monthly workshops/pep-talks to motivate members to consume more water.
- Themes of the workshops/pep-talks will include, but not limit to:
  - Sugar content of various drinks
  - Effect that sugary drinks have on our bodies overtime
  - Healthy alternatives
  - Etc.

Other parties/agencies/organizations working closely with the Cambridge Walking Club will be highly encouraged to bring healthy alternatives to our exercise practices and retreats.

***Approved by the Cambridge Walking Club on March 4, 2013.***