[Insert Club Logo]

**MEDIA RELEASE**

[Insert Date]

**Look after yourself and lead by example [OR] Sport and the right choices can make us healthy all over**

#BeHealthy

Healthy members make for a healthy club.

[INSERT CLUB/TEAM NAME] are just one of the clubs which believes that a healthy mind and a healthy body are what’s needed for us to be at our best and to create a strong club culture.

“One of the values we as a club try to instil in our members is looking after themselves and others,” says [INSERT SPOKESPERSON NAME]. “This means choosing to make good physical and mental choices and encouraging your mates and other players to do the same.

“This includes not misusing alcohol or using drugs, respecting your body, being active and making sure you get enough sleep and eat well.

“When you chose to act in this way you honour the Be Healthy value of True Sport and you inspire others to do the same.”

As part of Be Healthy the club encourages its players to drink plenty of water and eat well during the season, a habit which hopefully carries into the off-season as well.

[HE/SHE] said the club also tries to make sure the bar / kiosk is stocked with healthy options.

 “Like parents, coaches also model behaviour to their teams so we encourage our coaches to set a positive example when it comes to respecting themselves on all levels.”

Sport and active recreation not only has valuable physical benefits but is great for mental, emotional, academic and social health and creating a connection to community.

The [INSERT CLUB/TEAM NAME] are a True Sport club. True Sport is a campaign that supports local sporting clubs, associations and community groups to use eight values to share the benefits of sport and recreation to our whole community because we believe the way we play together shapes the way we live together. The eight values of True Sport are: Bring your best, Have fun, Give back, Play fair, Be healthy, Include one and all, Show respect and Be safe.

Find out more about True Sport [www.dsr.wa.gov.au/truesport](http://www.dsr.wa.gov.au/truesport) or on social media @truesportwa

[INSERT CLUB CONTACT DETAILS]