

# TIPS TO BE A HEALTHY PLAYER

## TEAM

**SMARTER**  
*than smoking*  
**Kicking  
Off  
Healthy  
Clubs**

- ✓ Remember football is a team sport, be a team player
- ✓ Become actively involved with your team and club. Things you could do include:
  - Run a drill for your coach
  - Teach your team mates a new skill
  - Learn to umpire and volunteer for a match
  - Volunteer at club events



This information is general in nature and does not take into account your personal situation. You should consider whether the information is appropriate to your needs, and where required seek advice from a health professional.

