

May Health & Nutrition Challenge Begins May 9th!

"Eat the Rainbow"

For the month of May, the CVST Health & Nutrition Challenge will be to eat different colored fruits and veggies. The coaches will be asking swimmers how many different color foods they ate prior to coming to practice for the day. The numbers will be documented on the sheets in the office window and the swimmers with the most different colors for the month will receive a Bag Tag! The goals of these Health & Nutrition Challenges are to get our young athletes thinking about what they're putting in their bodies and to develop healthy habits for their futures. As always, the challenge is optional, but highly recommended.

CVST Parents: over the years, we have been very proud of how well the athletes are completing these challenges, but now we have a challenge for you... We will have another poster in the office window for YOU to take the challenge. This is optional, but highly recommended as the athletes look to you more than anyone to set a healthy example. Email Meredith@CVST.org if you wish to participate. There won't be any prizes, only bragging rights.

-Coach Meredith

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