

**Key Messages/Discussion points**

1. Maintain good health and fitness, exercise regularly, eat a balanced and nutritious diet, and maintain high standards of cleanliness.
2. Improve your general fitness and specific fitness for Volleyball which will include:
  - a. speed
  - b. agility and quickness
  - c. power
  - d. strength
  - e. endurance.
3. Drink water regularly during a training session.
4. Practice good personal hygiene

**EXAMPLE**

- a. Use a toilet—do not urinate or defecate in the open.
  - b. Wash hands with soap after using the toilet.
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5. Keep fingernails and toenails short and clean, brush teeth every day.



One ball per Player

**EQUIPMENT**

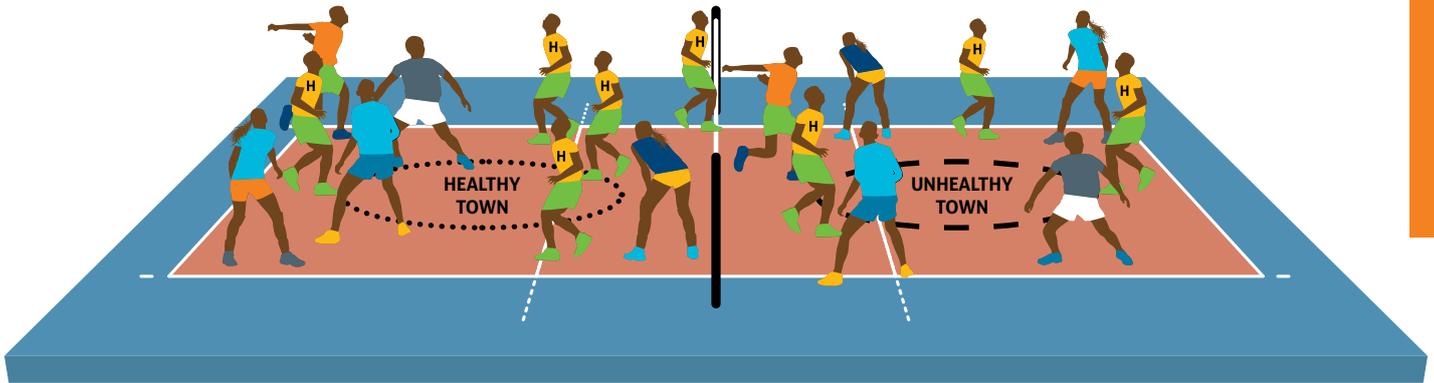
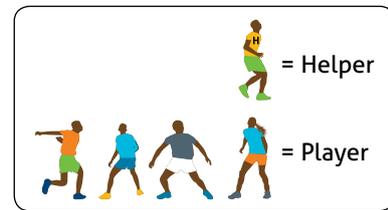
Masking tape



A4 paper

1. The Coach prepares A4 sheets with numerous True and False statements relating to the key messages above and any other messages relating to healthy living. The Coach could identify Players to assist him/her to prepare these statements a week before the training session. Examples of statements:
  - a. Regular exercise at a young age will lead to bone disease when you are older.
  - b. Regular exercise increases the risk of heart disease.
  - c. Regular exercise reduces the risk of heart disease.
  - d. You should not eat more than one apple per day.
  - e. It is unnecessary to wash your hands after using the toilet.
  - f. A balanced diet consists mainly of potatoes and meat.
  - g. A balanced diet comprises the correct balance of fats, protein and carbohydrates.
  - h. Brown bread is a good source of protein.
  - i. It is advisable to have a meal with mainly carbohydrates 30 minutes before a training session.
  - j. Drink water regularly during training sessions.
  - k. Drinking too much water during training will make you tired.
  - l. Brushing teeth is daily is a myth created by toothpaste manufacturers.
  - m. It is important to brush your teeth every day.
  - n. Due to drought in Namibia it is not advisable to wash yourself every day.
  - o. It is much healthier to be a vegetarian.
  - p. It is OK to take performance enhancing drugs as long as you don't get caught.
  - q. Because Volleyball happens in a small space, it is unnecessary to be physically fit.

**ACTIVITY**



2. The Coach could prepare more statements, these are just examples. Preferably some statements must be open to interpretation and discussion.
3. Depending on the number of participants some will be Players and others will be 'helpers'.
4. Have a competition to determine helpers and Players. Players line up and throw Volleyball into a hoop about 10m in front of them. Depending on how many messages you prepared, the first persons to throw the ball in the hoops become Players. The rest become helpers.
5. One side of the Volleyball court is the 'Healthy Town', the other side the 'Unhealthy Town'. Helpers tape the messages to the backs of the Players.
6. The Players may not talk to each other. They must walk around the court, doing forearm (setting) passes to themselves.
7. Players are reading the messages on each other's backs and advising each other. 'You must go across to Healthy Town', 'you must go to Unhealthy town', 'and you must stay here!' Etc. They may NOT read the actual messages yet, the helpers must ensure no cheating. The helpers must also re-enforce the Volleyball skill. E.g. 'keep your eye on the ball, spread your fingers' etc.
8. Once all the Players have found their place the Coach stops the activity and asks all the Players to take the message off their backs.
9. Ask all the Players if they think they are in the right 'town'. The Coach asks a few random Players to read their statements.
10. Ask the helpers to share their observations of the exercise.
11. Concludes by summarising the key Healthy Lifestyle messages in the closing team circle.
12. Ask the Players to share any experiences in their lives relating to unhealthy living.

## ACTIVITY



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