

THE TRUE SPORT PRINCIPLES IN ACTION



TRUE SPORT

STAY HEALTHY

Behavioural indicators of someone who lives the Stay Healthy principle include focusing on physical, psychological, and social well-being.

A PARTICIPANT WHO LIVES THE STAY HEALTHY PRINCIPLE:



- Feels energized.
- Chooses nutritious foods and stays hydrated.
- Employs strategies for coping with failure.



- Develops and nurtures positive relationships.
- Demonstrates autonomy and confidence to make healthy decisions.

A TRUE SPORT ENVIRONMENT THAT EXEMPLIFIES THE STAY HEALTHY PRINCIPLE:



- Prioritizes the well-being of the participant.
- Ensures physical, social, and psychological safety.



- Supports and models healthy decisions.
- Fosters trust, support, and autonomy in participants.

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