



2020 NSCA COACHES CONFERENCE & LIVESTREAM



#Coaches20

BEYOND THE FIELD:

NAVIGATING LIFESTYLE BALANCE WITH ATHLETES

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Life Sciences, PepsiCo R&D

SPEAKER DISCLOSURE




The author is employed by the Gatorade Sports Science Institute, a division of PepsiCo, Inc. Any views or opinions expressed in this presentation are those of the author and do not necessarily reflect the position or policy of PepsiCo, Inc.

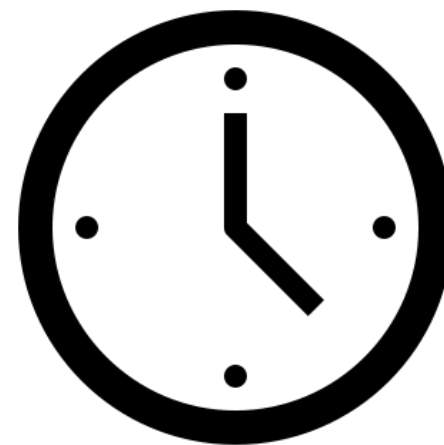
OBJECTIVES

BY THE END OF THIS SESSION, YOU SHOULD BE ABLE TO:

- Identify the challenges athletes face with compliance of good nutritional habits
- Answer the questions in formulating your sports nutrition program
- Take one piece of this presentation and apply it to your professional toolkit

NUTRIENT TIMING

<i>Pre</i>		<i>~30-60 min</i>
<i>During</i>		<i>~2-3 hrs</i>
<i>Post</i>		<i>~30-60 min</i>



WHAT ABOUT THE OTHER HOURS OF THE DAY?



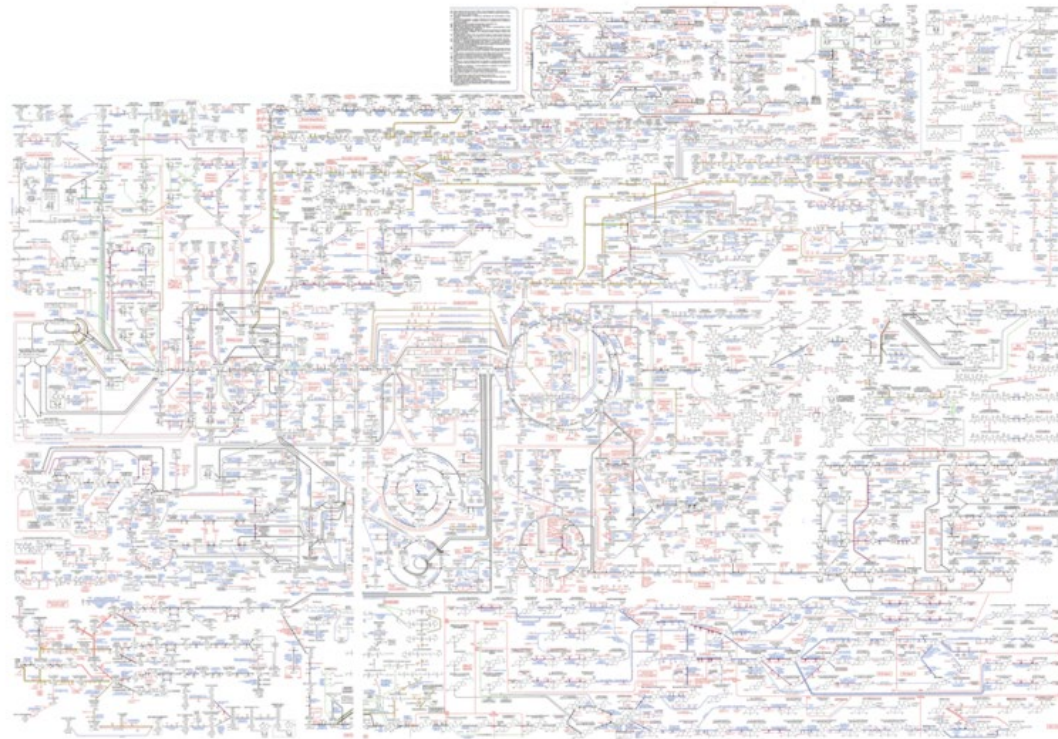
THE CHALLENGES

ATHLETES HAVE A LOT TO BALANCE!



THE CHALLENGES

NUTRITION IS A DIFFICULT SUBJECT



THE CHALLENGES

NUTRITION CONSTANTLY BATTLES MISINFORMATION

IF YOU LISTEN TO ADVICE FROM
RANDOM PEOPLE ON THE INTERNET



DANGER
**Bad Advice
Ahead**



**DON'T BASE
YOUR DECISIONS ON
THE ADVICE OF
THOSE WHO DON'T
HAVE TO DEAL WITH
THE RESULTS.**



THE CHALLENGES

DISCIPLINE
is doing what you know
needs to be
DONE,
even when you don't want
to do it.

<https://www.bestsayingsquotes.com/quote/very-best-motivational-sayings-about-discipline-4583.html>
www.borbelisandpolins.com

**IF IT IS IMPORTANT
TO YOU, YOU WILL
FIND A WAY.
IF NOT, YOU'LL FIND
AN EXCUSE.**

<https://www.lifehack.org/articles/productivity/you-will-find-excuses-not-important-you.html>

**SUFFER
THE PAIN
OF DISCIPLINE
OR
SUFFER
THE PAIN
OF REGRET**

<https://www.borbelisandpolins.com/quote/very-best-motivational-sayings-about-discipline-or-the-pain-of-suffering-or-the-pain-of-regret-4583.html>



**YOU WILL
NEVER
OUT TRAIN
A BAD DIET**

14 Sept 2014, <https://www.unit2fitness.com/you-will-never-out-train-a-bad-diet/>

**Long-term consistency
trumps short-term intensity.**

Bruce Lee

<http://www.golfian.com/wp-content/uploads/2017/03/Long-Term-Of-Consistency-trumps-short-Term-Intensity.-Bruce-Lee.jpg>

**Don't Trade in What
You Want Most...
For What You Want
Right Now...**

<https://www.pinterest.com/pin/503981014527602909/>

THE QUESTIONS



WHO?

YOUR ROLE



THEIR ROLE



WHO?



WHEN?

A Year											
January	February	March	April	May	June	July	August	September	October	November	December
Post Season 5 weeks	Break 10 weeks		Offseason Training 9-10 weeks			Break 5-6 weeks	Training Camp 5 weeks	Regular Season 17 weeks			

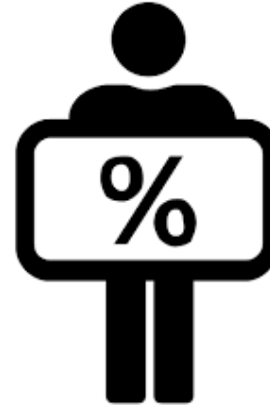
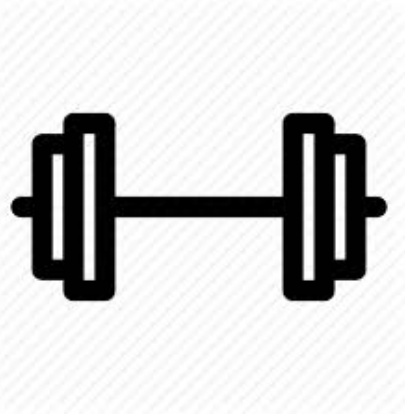


INVEST IN YOUR VESSEL!

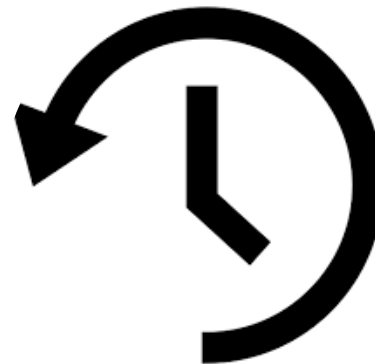
<https://www.fastcompany.com/90293253/the-secret-history-of-cleatus-foxs-enduringly-weird-football-robot>

WHEN?

OFFSEASON GOALS:



IN-SEASON GOALS:



WHEN?

A Week

Offseason

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upper/Cond High TEE Mod/High CNS	Lower/Sp & Ag Mod TEE Mod/High CNS	Upper/Cond Mod TEE Mod CNS	Lower/Sp & Ag High TEE High CNS	OFF	OFF	OFF

Inseason

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lift Treatment Film	OFF	Heavy Practice Full pads Install	Heavy Practice "Shells" Install	Lighter Practice Spiders Review	Walk Thru Review	Gameday



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<https://www.fastcompany.com/90293253/the-secret-history-of-cleatus-foxs-enduringly-weird-football-robot>

WHEN?



INVEST IN YOUR VESSEL!

<https://www.fastcompany.com/90293253/the-secret-history-of-cleatus-foxs-enduringly-weird-football-robot>

A Day

Offseason		Inseason	
6:00:00 AM	Breakfast/Treatment	6:00:00 AM	Breakfast/Treatment/Lift
6:30:00 AM		6:30:00 AM	
7:00:00 AM		7:00:00 AM	
7:30:00 AM	Meetings/S&C	7:30:00 AM	Special Teams Meeting
8:00:00 AM		8:00:00 AM	
8:30:00 AM		8:30:00 AM	Team Meeting
9:00:00 AM		Unit & Position Meetings/Install/Film	9:00:00 AM
9:30:00 AM			9:30:00 AM
10:00:00 AM			10:00:00 AM
10:30:00 AM	10:30:00 AM		
11:00:00 AM	Lunch/Treatment	11:00:00 AM	Walk-Thru
11:30:00 AM		11:30:00 AM	
12:00:00 PM		Lunch/Treatment/Tape & Dress	12:00:00 PM
12:30:00 PM			12:30:00 PM
1:00:00 PM			1:00:00 PM
1:30:00 PM			1:30:00 PM
2:00:00 PM	Practice	2:00:00 PM	
		2:30:00 PM	
		3:00:00 PM	
		3:30:00 PM	
		4:00:00 PM	Treatment/Lift/Post Recovery Meal
		4:30:00 PM	Position Meetings
	Treatment/Dinner	5:00:00 PM	
		5:30:00 PM	
		6:00:00 PM	

WHEN?



INVEST IN YOUR VESSEL!

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A Day

Offseason		Inseason	
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7:00:00 AM		7:00:00 AM	
7:30:00 AM	Meetings/S&C	7:30:00 AM	Special Teams Meeting Team Meeting Unit & Position Meetings/Install/Film
8:00:00 AM		8:00:00 AM	
8:30:00 AM		8:30:00 AM	
9:00:00 AM		9:00:00 AM	
9:30:00 AM		9:30:00 AM	
10:00:00 AM		10:00:00 AM	
10:30:00 AM	Lunch/Treatment	10:30:00 AM	Walk-Thru Lunch/Treatment/Tape & Dress
11:00:00 AM		11:00:00 AM	
11:30:00 AM		11:30:00 AM	
12:00:00 PM		12:00:00 PM	
12:30:00 PM	Practice	12:30:00 PM	Treatment/Lift/Post Recovery Med Position Meetings
1:00:00 PM		1:00:00 PM	
1:30:00 PM		1:30:00 PM	
2:00:00 PM		2:00:00 PM	
		2:30:00 PM	
		3:00:00 PM	
		3:30:00 PM	Treatment/Dinner
		4:00:00 PM	
		4:30:00 PM	
		5:00:00 PM	
		5:30:00 PM	
		6:00:00 PM	

WHAT?

Training Table 6-Week Cycle Menu: Week 1 of 6

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Oven Fried Chicken (8-cut)	Grilled Chicken Bruschetta	Chipotle rubbed Turkey Breast	Southwestern spiced chicken breast with fruit salsa	Spicy Coriander Tuna
Entrée	Bourbon Baked Ham	Panko Crusted Tilapia with Roasted Garlic Cream sauce	Smoked Brisket	Baja Mahi with Lime crema	Beef and Broccoli
Combo	Sloppy Joes	Cioppino	Mac and Cheese with Ham	Chipotle beef and pasta	"Fried"/Baked Egg Roll
Grill	Grilled Chicken Breast	Turkey Burger	Grilled Chicken Breast	Bison Burger	Grilled Chicken Breast
Grill	Bison Burger	Angus Burger	Salmon Burger	Turkey Burger	Angus Burger
Starch	Sweet Potato Tater Tots	Spinach Fettuccini with tomatoe bruschetta	Mashed Potato	Basmati Rice with Cilantro	Steamed White Rice
Starch	Roast Potato Wedges	Sourdough/garlic bread	Succotash	Mexican Brown Rice	Stir Fry WW Spaghetti
Starch	Corn Cobbett	Spaghetti Squash with roasted garlic sauce	Wild Rice	Black Beans Mexican Style	Edamame
Vegetable	Collard Greens	Roasted Vegetables	Steamed Green Beans	Sautee Zucchini, Yellow Squash with red onions	Bok Choy-Stir fry
Vegetable	Carrots, Steamed	Steamed Broccoli	Glazed Carrots	Steamed Asparagus	Steamed Broccoli
	Cuisine Entrée Breakdown	Soul 1 Fish: 3 Italian 1 Pork: 1	Soul 2 Beef: 2	Mexican 1	Asian 1 ^{1,3}



WHAT/WHERE?

- *HOME/TRAINING TABLE*
- *IN TRANSIT*
 - Airplane, bus, train, car
- *HOTELS*
 - Snacks, meals, pregame/pre-competition meal
- *STADIUM/ARENA/VENUE*
 - Locker room, clubhouse, bench, dugout
- *POST GAME/POST COMPETITION*
- *RESTAURANT*



WHY & HOW?

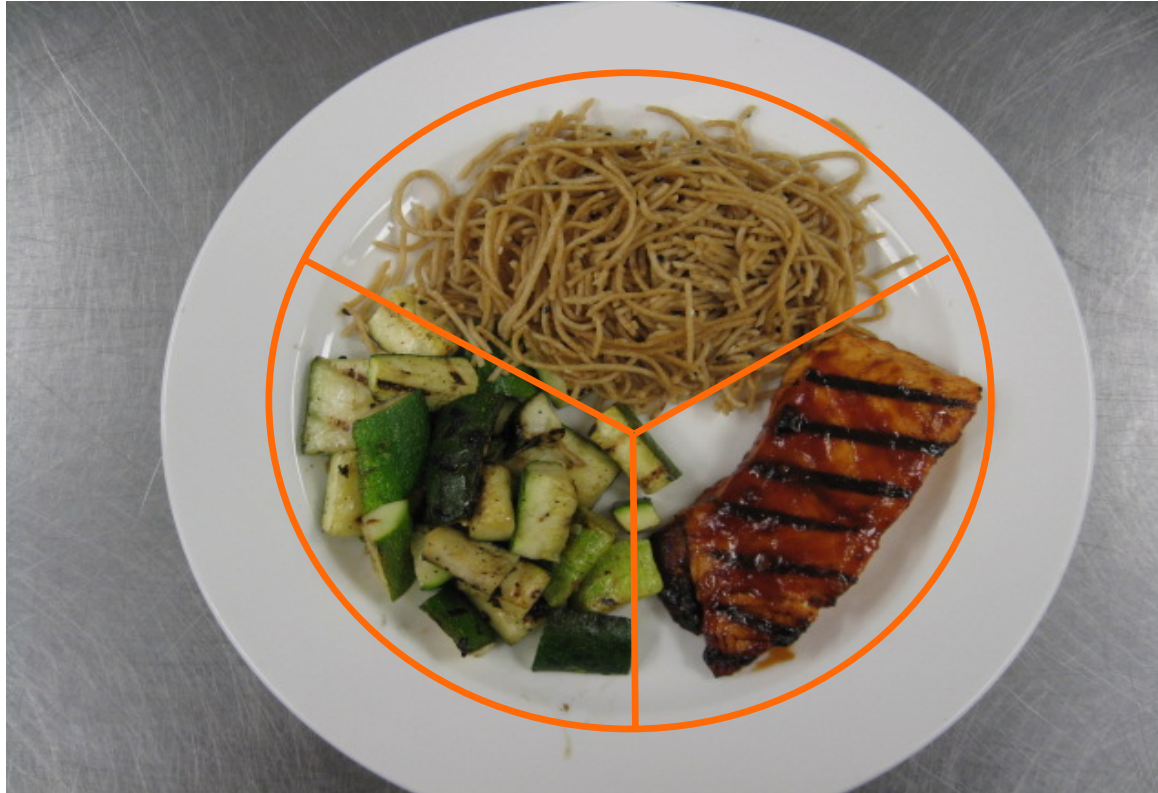


MAKE IT SIMPLE! STEP SYSTEM



MAKE IT SIMPLE! YOUR PLATE

STEP 2



STEP 4

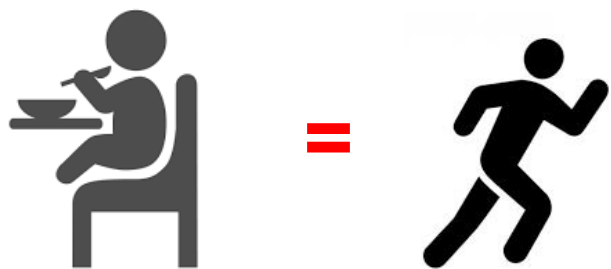


STEP 1

STEP 3

MAKE IT SIMPLE! WEIGHT GOALS

MAINTAIN



LOSE



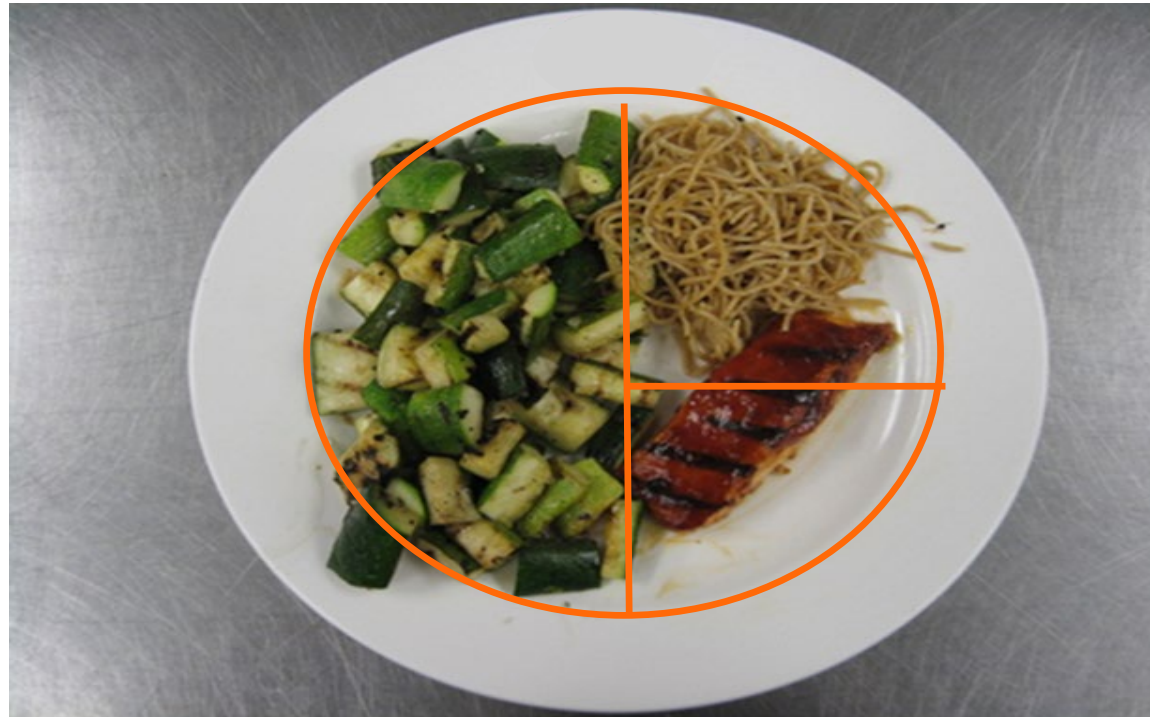
GAIN



Do it **SLOWLY** and **START NOW**

MAKE IT SIMPLE! YOUR PLATE (LOSS)

STEP 2



STEP 1

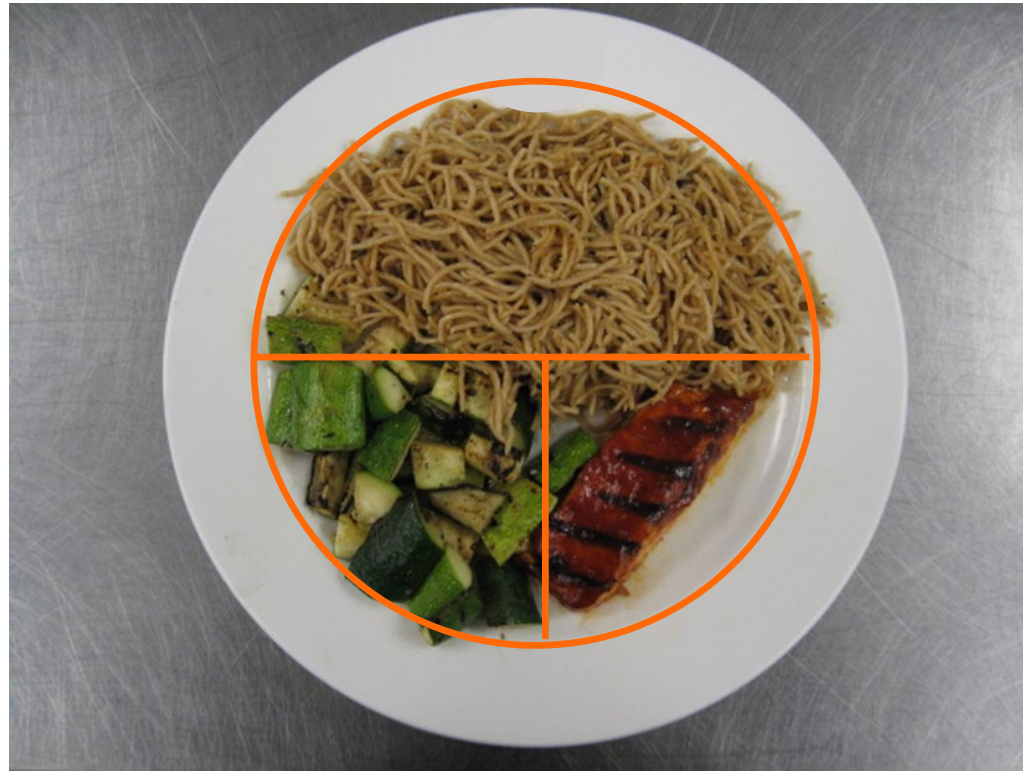
STEP 4



STEP 3

MAKE IT SIMPLE! YOUR PLATE (GAIN)

STEP 2



STEP 4



STEP 1

STEP 3

MAKE IT SIMPLE! NUTRITION LABELS

Steamed Broccoli

Nutritional Facts:
Serving Size: 1 cup (1 tongful)
Calories: 60
Fat: 0g
Carbohydrates: 12g
Sugar: 0g
Fiber: 6g
Protein: 4g


Equivalent:
2 Vegetables
1 Vegetable= 1/2 cup cooked



Steamed White Rice

Nutritional Facts:
Serving Size: 1/2 cup (1 scoop)
Calories: 85
Fat: 0g
Carbohydrates: 18g
Sugar: 0g
Fiber: 0g
Protein: 2g


Equivalent:
1 Starch
1 Starch= 1 slice of bread



Island Beef ribs

Nutritional Facts:
Serving Size: 4 oz (2 Ribs)
Calories: 320
Fat: 18g
Carbohydrates: 8g
Sugar: 0g
Fiber: 0g
Protein: 30g

Equivalent:
4 Proteins; 2 Fats
1 Protein= 1 oz meat
1 Fat= 1 tsp oil



Color System

- Green= Good
- Yellow= Okay
- Red= Bad

MAKE IT SIMPLE! SNACKING



MAKE IT SIMPLE! SNACKING



**Play Around
Snacks**

Best Before Workouts/Practices

**Lay Around
Snacks**

Best During Time of Low/No Activity

MAKE IT SIMPLE! HYDRATION

ARE YOU HYDRATED?

Use the chart below and observe the color of your urine.
This is the BEST indicator of hydration status

1	Lightest yellow	Target	Your target is to make sure that your urine is the same color as numbers 1, 2, or 3.
2	Light yellow		
3	Yellow		
4	Yellow-orange	Dehydration	Colors 4 and 5 suggest dehydration
5	Orange		
6	Dark orange	Severe Dehydration	and 6, 7 and 8 severe dehydration
7	Dark red		
8	Dark red		

KEYS TO STAYING HYDRATED

- **Do not show up to practice dehydrated**
 - Research with our team showed that the majority of players show up with dark urine for the morning practice. This is unacceptable and exposes you to injury.
- **Stay ahead of the game - do not wait until you are thirsty**
 - The brain recognizes thirst too late
- **Weigh yourself before and after activity**
 - Drink 20 oz of fluid (1 Gatorade) for every pound lost
 - A loss of as little as 3-4 lbs can decrease performance
- **Overall, drink 20 oz of fluid (1 bottle of Gatorade or Water) immediately in the morning and every 1-2 hours throughout the day**



MAKE IT SIMPLE! HYDRATION

“WEIGH IN!” “WEIGH OUT!”

BODY WEIGHT	
BEFORE ACTIVITY	AFTER ACTIVITY
170	167
175	172
180	176
185	181
190	186
195	191
200	196
205	201
210	206
215	211
220	216
225	221
230	225
235	230
240	235
245	240
250	245
255	250
260	255
265	260
270	265
275	270
280	274
285	279

BODY WEIGHT	
BEFORE ACTIVITY	AFTER ACTIVITY
290	284
295	289
300	294
305	299
310	304
315	309
320	314
325	319
330	323
335	328
340	333
345	338
350	343
355	348
360	353
365	358
370	363
375	368
380	372
385	377
390	382
395	387
400	392
405	397



MAKE IT SIMPLE! HYDRATION



MAKE IT SIMPLE! PREGAME

1) Focus on High Carbohydrate Foods:

Grits
Bananas
Melon
Oatmeal w/ Brown Sugar
Breakfast Potatoes
French Toast w/ Maple Syrup
Pancakes w/ Maple Syrup
Granola
Light Yogurt
Cold Cereals
Toast w/ Honey or Jelly
English Muffins w/ Honey or Jelly
Bagels w/ Honey or Jelly
Rolls
Steamed White Rice
Freshly Mashed Potatoes
Mashed Sweet Potatoes
Pasta w/ Marinara
Grilled Cheese
Baked Potato Wedges
Baked Chips/Pretzels
Frozen Yogurt

2) Focus on Fluid Intake:

Water
100% Fruit/Vegetable Juices
Gatorade/G2
Lowfat Milk
Lowfat Chocolate Milk

3) Focus on sodium intake:

Salt Foods
Chicken Noodle Soup
Tomato Soup
Pickles
V8 Vegetable Juice
Gatorlytes

4) Moderate Protein Intake and Keep Fat Intake Low:

Egg Whites
Grilled Ham Steaks
Herb Marinated Chicken Breasts
Filet Mignon

MAKE IT SIMPLE! PREGAME

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Bagels w/ Honey or Jelly
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Herb Marinated Chicken Breasts
Filet Mignon

Look for these Labels!



MORE IN DEPTH: MEAL PLAN



<https://www.cosmed.com/en/products/body-composition/bod-pod>



John Smith		Daily Mealplan		
Nutrient Breakdown				
Calories	Carbs (g)	Fat (g)	Protein (g)	Fluid (oz)
3439	425	90	233	190
Food & Fluids		Portion Size of One Food Group Equivalent		
Food Group	Equivalents	Food Group	Portions of Food	
Fruits	4	1 Fruit=	1 small/medium piece (4oz), 1/2 cup canned or fresh fruit, 1/2 cup fruit juice, 2 tbsp dried fruit	
Vegetables	6	1 Vegetable=	1 cup raw, 1/2 cup cooked or vegetable juice	
Starches	9	1 Starch=	1 slice bread, 1/2-3/4 cup raw cereal, 1/2 cup cooked cereal, grain, or starchy vegetable, 1/3 cup cooked rice or	
Meat/Protein	20	1 Meat=	1 oz (size of Matchbox Car)	
Milk	3	1 Milk=	1 cup (8 fl oz) milk, 2/3-3/4 cup yogurt (6 oz)	
Fat	6	1 Fat=	1 teaspoon oil, mayo, or butter, 1 tbsp dressing, 1.5 tsp nut butters, 1 tbsp seeds, 6 nuts	
20 fl oz bottles	7	Workout Days Only		
Before Activity		2 Prime Pouches		
During Activity		0 20 fl oz Gatorades		
After Activity		1 20 fl G2s		
After Activity		500 Calorie Shake		

MORE IN DEPTH: GROCERY STORE TOURS

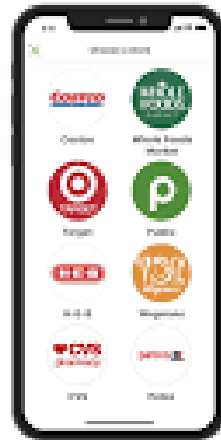


<https://www.washingtonpost.com/news/voraciously/wp/2018/10/18/the-one-problem-that-keeps-me-from-cooking-i-hate-grocery-shopping/>

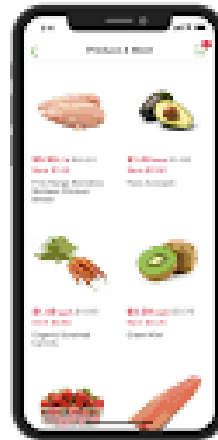
MORE IN DEPTH: GROCERY STORE DELIVERY



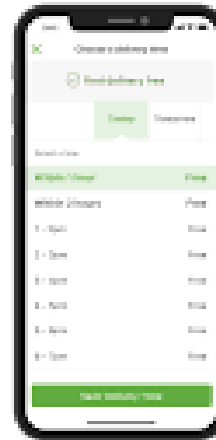
(This is only an example, not an endorsement)



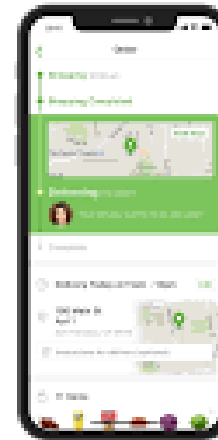
Select a Store



Shop for Groceries



Choose a Delivery Option



Receive the Delivery

MORE IN DEPTH

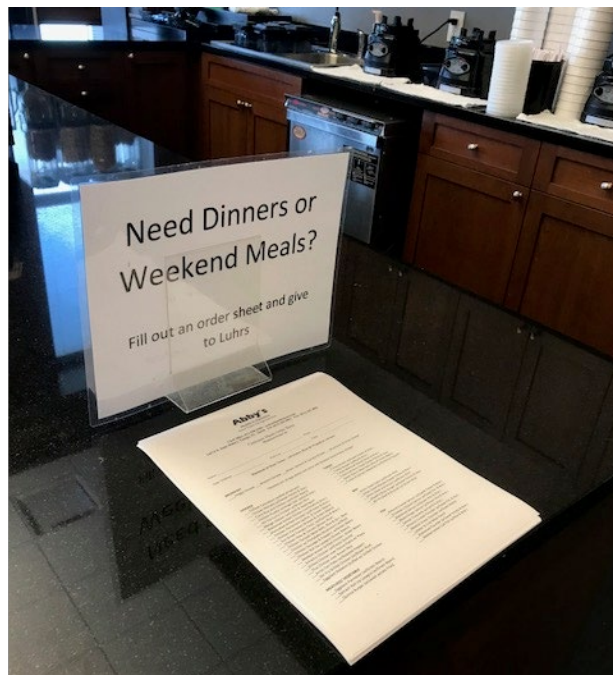


COOKING



CHEF

MORE IN DEPTH: MEAL DELIVERY



Abby's

Health & Nutrition
Better Health Through Education

Chef Mike, 813-928-2950 / cookwithmike@aol.com
14374 N. Dale Mabry, Tampa, FL 33618 Tel. (813) 265-4951 Fax: (813) 265-4893

Customer Meals Order Sheet Minimum Order 10

Name: _____ Phone: _____

Date Ordered: _____ Pick-Up: _____ Clerk: _____

Minimum 24 Hour Notice – All Orders Must Be Prepaid in Advance

BREAKFAST

___ Veggie Omelet ___ Western Omelet ___ Onion, Spinach & Tomato Omelet ___ Mushroom & Onion Omelet

**Omelets are 10 egg whites and come with Roasted Sweet Potato Wedges*

CHICKEN

___ Chicken Cacciatore (w/Bed of Spinach)
___ Chicken Marsala (w/Sweet Potato & Asp.)
___ Curry Rice and Chicken (w/Green Beans)
___ Chicken Piattata (w/Angel Hair pasta & Asp.)
___ Str Fry Curry Chicken w/Brown Rice
___ Mango chicken (w/Lentil & Asparagus)
___ Blackened Grilled Chicken (w/Potato & Broc.)
___ Marinated Grilled Chicken (w/Potato & Broc.)
___ Chicken Florentine (w/Pot. & Green Beans)
___ Chicken Parmesan (Potato & Green Beans)
___ Sun-Dried Tomato Chick. (w/Quinoa & Broc.)
___ Chicken Peas & Carrots (Brown Rice)
___ Chicken Teriyaki Meat Balls, Rice & Grn. Bean
___ Chicken w/ Portabella Mushroom (w/Rice)
___ Chicken Sausage & Peppers, w/Green Beans
___ Chicken Roll Up Lasagna (Green Beans)
___ Mediterranean Grilled Chicken, Green Beans
___ Sriracha Chicken (w/Fiesta Quinoa)
___ Grilled Chicken over Penne Pasta w/ Pesto
___ Thai Chicken over Brown Rice
___ Arroz Con Rollo (w/Roasted Pepper)
___ Str Fry Grilled Chicken (w/Brown Rice)
___ Eggplant Rollitini Stuffed w/ Grilled Chicken

MEATLESS/ VEGETABLE

___ Eggplant Parmesan (w/Green Beans)
___ Spinach Roll Up Lasagna (w/Green Beans)
___ Quinoa Burger (w/Sweet potato Fries)

TURKEY

___ Turkey Breast (w/Sweet Potato & Broc.)
___ Turkey Burger (w/Rice & Broc.)
___ Turkey Meatloaf (Sweet Mash & Broc.)
___ Turkey Salisbury Steak (Sweet Potato & Asp.)
___ Sweet & Sour Meat Balls (Rice & Green Beans)
___ Turkey & Spinach Meatballs (w/Butternut Squash)

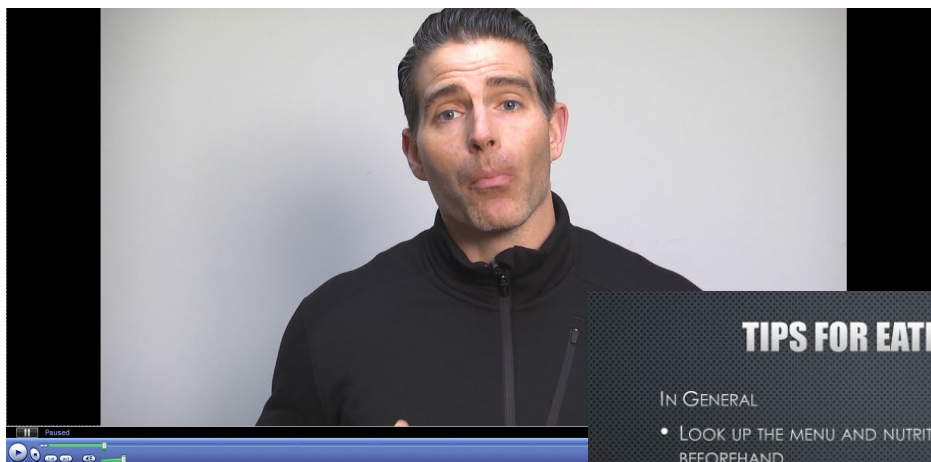
BEEF

___ Sirloin Steak Fajita (w/Brown Rice)
___ Sirloin Steak Marsala (Sweet Potato & Broc.)
___ Sirloin Steak and Onions (w/Brown Rice)
___ Jalapeño Bison Burger (w/Sweet Potato & Asp.)
___ Str Fry Beef & Broccoli (w/ Brown Rice)

FISH

___ Almond Crusted Salmon (w/Sweet Potato & Broc.)
___ Strawberry Glazed Salmon (w/Sweet Pot. & Broc.)
___ Blackened Salmon (w/Brown Rice & Broc.)
___ Maple Ginger Salmon (w/Brown Rice & Broc.)
___ Salmon Croquette (w/Lentil & Broc.)
___ Almond Crusted Flounder (w/Sweet Pot. & Asp.)
___ Mediterranean Flounder (w/Green Beans)
___ Lobster & Crab Meat Ravioli
___ Blackened Flounder (w/Sweet Potato & Broc.)
___ Mediterranean Cod Fish (w/Rice & Broc.)

MORE IN DEPTH: THE DIGITAL AGE



TIPS FOR EATING OUT

IN GENERAL

- LOOK UP THE MENU AND NUTRITION FACTS ONLINE BEFOREHAND
- DRINK A LOT OF WATER EVEN BEFORE YOU EAT
- GET A TO-GO BOX WITH YOUR ORDER AND PUT HALF OF THE MEAL IN THE TO-GO BOX BEFORE YOU EAT
- LOOK FOR A HEALTHY FOCUSED PORTION OF THE MENU

GROCERY STORE TIPS



Total Carbohydrate	30g	37g
Dietary Fiber	2g	3g

F43024188
INGREDIENTS: WHOLE WHEAT FLOUR, WATER, YEAST, SUGAR, WHEAT GLUTEN, CHOCOLATE FLAVOR, CULTURED WHEAT FLOUR, CONTAINS 2% OR LESS OF: HONEY, SALT, BROWN SUGAR, SOYBEAN OIL, MOLASSES, WHEAT BRAN, RAISIN JUICE CONCENTRATE, VINEGAR, SOY FLOUR, WHEY, SOY LECTIN, CULTURED CORN SOLIDS, CONTAINS WHEAT, MILK AND SOYBEANS. W51202404

WHEATSYLVERE BYRONUS COPYPROTECTOR
GENERAL OFFICE, WINDY CITY MILLS (11) 6300 S. CT 1900 CHICAGO
Questions or Comments? Contact us toll free
1-877-431-2253 Mon-Fri 8:30am-4:30pm Central Time

Should say "100% whole wheat" on the label or say "whole wheat flour" in the ingredients

Recovery Shakes

Protein → Tissue Recovery

Carbs → Restore Glycogen

Fluids → Rehydrate

MORE IN DEPTH: THE DIGITAL AGE



<https://www.teamworks.com/media/>

MORE IN DEPTH: SUPPLEMENTS

CREDIBLE SUPPLEMENTS

1) Multivitamin

- May be a good safety net for vitamins and minerals
- Daily Values of ~100%



CREDIBLE SUPPLEMENTS

2) Fish Oils

- Contain omega-3 fats:
 - Decrease inflammation
 - Increase cognitive health (brain)
 - Increase cardiovascular health (heart)
- 800mg EPA and 400mg DHA (or 2:1 EPA:DHA)



CREDIBLE SUPPLEMENTS

3) Vitamin D

- Helps with calcium absorption for bone health
- Helps with muscle function, immune system, and acts as an anti-inflammatory
- 5,000 IU; only need more if deficient
- May help reduce risk of injury



CREDIBLE SUPPLEMENTS

4) Probiotic

- Helps support Gut and Immune Health
- Are considered "good bacteria"
- 250 million to 20 billion organisms



CREDIBLE SUPPLEMENTS

5) Creatine

- Helps with strength, power, and muscle endurance
- Recently has been found to aid in cognitive (brain) health; concussions
- Dosage of 5g Creatine Monohydrate
- Creatine Myths:
 - Detrimental to kidneys
 - Causes Cramping



CREDIBLE SUPPLEMENTS

6) Collagen (gelatin)

- May help with joint pain
- Regeneration of connective tissue in joints
- 10-15 g per day
- Possibly beneficial to use with 50-100mg Vitamin C
- Take 1hr prior to activity



TAKEAWAYS

- *RECOGNIZE THE CHALLENGES*
- *EMBRACE YOUR ROLE*
- *BE ACCESSIBLE*
- *TUNE IN TO THE TIMELINE*
- *HAVE A PLAN EVERYWHERE (THE MENU)*
- *TEACH – MAKE IT SIMPLE; BUT NOT TOO SIMPLE*



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2020 NSCA COACHES CONFERENCE & LIVESTREAM



#Coaches20



GATORADE

COMMUNICATE LIKE A CHAMPION

**Empowering Your Athletes to
Authentically Listen**



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CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.



Positive behavior change can be sparked through the power of play.

WHAT MOTIVATES ATHLETES TO PLAY?

EXTRINSIC

Behavior that is driven by external rewards, such as recognition, income, or stuff.

INTRINSIC

Behavior that is driven by internal inspiration, such as purpose, curiosity, or belonging.

RULES OF THE GAME

Have Each Other's Back

RULES OF THE GAME

Have Each Other's Back
Laugh With, Not At

RULES OF THE GAME

Have Each Other's Back
Laugh With, Not At
Celebrate Small Wins



LAST LETTER, FIRST LETTER



COINS



COINS

TAKE-AWAY:
Be A Coin Collector



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