

Monday, 06 November 2023

Health and Social Wellbeing Improvement



This guide aims to provide physical activity leaders and sports coaches with advice on healthier food and drink options in settings where physical activity or sport is taking place or is promoted.

Based on original text by Active Belfast, it has been peer reviewed by the Public Health Dietitians Group Northern Ireland.

Details

Format

A4 16 pages

Target group

Physical activity leaders and sports coaches

Downloads

Attachment	Size
Promoting healthier food and drink good practice guide booklet 1023 FINAL.pdf	8.98 MB

Tags

- [nutrition](#)
- [Physical activity](#)
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