



Adapted from OSNAP (Out of School Physical Activity and Nutrition) Initiative by Harvard School of Public Health Prevention Research Center

Action Steps for Improving Healthy Beverages at Your YMCA

Refer to your YMCA’s individual Healthy Beverage Report to identify healthy beverage challenges. Then use the following questions and suggested action steps to overcome those challenges. The **ALL** symbol are strategies for everyone, no matter how you answer the question. Items in bolded caps with the word “**SEE**” in front refer to additional resources to help you meet your Rethink your Drink Goals.

Questions

Suggested Action Steps

