

# ***THE ISLANDS PHYSICALLY FIT AND HEALTHY!***



## ***PRESS RELEASE***

### ***FOR IMMEDIATE USE***

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## ***The Islands physically fit and healthy, proud to contribute to the health of the youth hockey players playing in the Desjardins Cup !***

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**Magdalen Islands, March 14, 2011.** As the 2011 Desjardins Cup approaches, the importance of a healthy diet for our youth hockey players is of significance. The Islands physically fit and healthy project is very much aware of this fact. This is why the project has decided to become a major contributor to this event.

One must be aware of certain basic principles when it comes to eating well before an intense competition such as a hockey tournament. It is also very important to be well hydrated before and after the competition. Eating well and being well hydrated are major contributors to success. This is why the action committee of the project organized a conference on nutrition for the parents of those participating at the atom and pee wee levels. The conference was held on Friday February 18<sup>th</sup>, thirty mothers

and fathers were present and all appreciated the advice given by Sylvie Arseneau, nutritionist at the CSSS of the Islands.

The projects involvement in the Desjardins Cup does not stop here. In fact, the 250 youth hockey players will receive a daily portion of fruits, vegetables and milk products for the duration of the tournament. This major contribution is made possible by the The Islands physically fit and healthy project.

These two initiatives are part of the projects action plan to favor the adoption and maintenance of healthy eating habits and a physically active lifestyle for youth 0 to 17 years of age and their families. For further information concerning good nutrition and hydration habits for your sport, please call Sylvie Arseneau, nutritionist at the Islands CSSS.

All members of the committee would like to wish good luck to all those participating in the 2011 Desjardins Cup.

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