

Victorian Weightlifting Association Policy (Health Eating)

Healthy eating is a vital part of good health. The major causes of death in Australia. Lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity, are all associated with the food we eat. Victorian Weightlifting Association acknowledges that healthy eating can have an impact on our health, and that the provision of healthy foods will contribute to better health for all. The Victorian Weightlifting Association will ensure that a variety of healthy food choices are available for all Victorian Weightlifting Association activities. This applies to committee meetings, members' meetings, organisation functions and events and to all members, officials, players, performers and others taking part in Victorian Weightlifting Association activities. Victorian Weightlifting Association undertakes to implement the actions outlined in this policy, beginning on 15th April 2002.

This policy will be reviewed annually to ensure it remains relevant to Victorian Weightlifting Association needs.

General Actions

Victorian Weightlifting Association is committed to ensuring a healthy environment for all those associated with the organisation and will ensure:

- That athletes and coaches understand the importance of healthy eating practices on athletic performance and units emphasising this area will remain incorporated in coaching courses delivered by the Victorian Weightlifting Association.
- That athletes and coaches understand appropriate and safe measures for weight control and units emphasising this area will remain incorporated in coaching courses delivered by the Victorian Weightlifting Association.
- That caterers used for all events must be able to provide a variety of healthy food choices*;
- That healthy food choices* will be available at all events;
- The promotion of the enjoyment of healthy eating and the role of food in relation to health;
- The promotion of healthy food choices* at events;
- That healthy food choices* will be displayed more prominently than other foods; and
- That healthy food choices* will be priced competitively.

**Healthy food choices involve the incorporation in the diet of an appropriate mix of all the food groups while understanding the particular requirements of strength and power athletes.*