



SPORT 2 PPW prevents:

- Alcohol use
- Cigarette smoking
- E-cigarette use
- Marijuana use
- Illegal drug use

SPORT 2 PPW promotes:

- Sports & physical activities
- Healthy eating
- Getting adequate sleep
- Controlling stress
- Setting multiple health goals
- Positive self-identity

What is SPORT 2 PPW?

- ❖ **SPORT 2 PPW** is an easy to use evidence-informed prevention with wellness intervention for promoting active, healthy and substance use free lifestyles among youth.
- ❖ It comes in three versions for: 1) High school adolescents, 2) Middle school adolescents, and 3) Elementary school children.
- ❖ **SPORT 2 PPW** is a brief six-lesson program designed to increase protective wellness enhancing behaviors including participating in different types of physical activity, eating a variety of healthy foods, monitoring calorie and food intake, and controlling stress while avoiding alcohol, tobacco, e-cigarettes, marijuana and other drug use.
- ❖ It uses a unique screening and brief intervention model with scripts for easy implementation to youth individually or in groups.



SPORT 2 PREVENTION PLUS WELLNESS (PPW)

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SPORT 2 Prevention Plus Wellness (PPW)

*Prevention by Promoting
Protective Wellness
Lifestyles*



Protecting Youth from Multiple Health Risks

- Research indicates that most US youth experience multiple co-existing health risks and problems, like physical inactivity, unhealthy eating, lack of sleep, uncontrolled stress and substance use.
- SPORT 2 PPW is specifically designed to address these risks in a single program and setting, to cost-effectively improve the “whole health” of youth.
- SPORT 2 PPW screens youth for their current health habits, provides feedback and positive image messages, and helps them set multiple health behavior goals to avoid alcohol and drug use and increase protective wellness habits.

“SPORT 2 PPW was adapted from the evidence-based SPORT Prevention Plus Wellness program listed on the federal government’s National Registry of Evidence-based Programs and Practices (NREPP), Blueprints for Healthy Youth Development and other evidence-based program registries.

It is highly flexible and can be used as a stand-alone program, or as an add-on component to other prevention, health, sports, fitness, recreation, education or intervention programs.

We know you will find SPORT 2 PPW an easy, enjoyable and effective way to promote resilient fit, healthy and substance use free lifestyles among your youth.”

*Chudley Werch, PhD, President
Prevention Plus Wellness, LLC*



PPW 2 Programs & Training

- ✚ **SPORT 2 PPW Programs** come in high school, middle school and elementary school versions and include a manual with scripts to provide individual or group lessons, digital downloads with PowerPoint slides and reproducible program materials, and built-in pre-post program evaluation.
- ✚ **Onsite and Online Training Workshops** allow professionals and youth leaders to quickly gain knowledge, skills and confidence to implement, or train others to implement, the SPORT 2 PPW program.