

November 2010

Health Matters

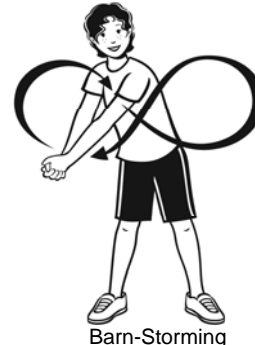
BRAIN BOOSTERS

Boost your brain power by giving it fuel, physical activity and a good night's sleep.

Exercise is the single most powerful tool you have to improve your brain function at any age. Try some of these brain boosters:

- **Play catch** – hand-eye coordination is a key brain builder
- **Throw and catch bean bags**, on your own, with a twist – try turning around, clapping hands, or touching the ground in-between throws
- **Cross Laterals** – a move found in dances or workouts by touching opposite elbows, shoulders, knees and hips
- **Barn-Storming** – clasp hands in front; swing left and right, high and low, making horizontal figure eights

For more visit www.actionschoolsbc.ca.



Barn-Storming



Cross Laterals



Action Schools! BC

Your brain needs a regular source of fuel throughout the day. Try these ideas:

- ✓ Enjoy 3 meals a day and healthy snacks
- ✓ Include protein-rich foods (milk & alternatives, meat & alternatives) at meals and snacks
- ✓ Start your day with breakfast, it helps your mind wake-up
- ✓ Eat lots of fruit and veggies - bright green and orange ones each day
- ✓ Reach for whole grain foods (barley, brown rice, oats, quinoa)
- ✓ Drink water regularly throughout the day, which may help prevent headaches
- ✓ Reduce sugar and caffeine (coffee, energy drinks, chocolate, some pop)
- ✓ Enjoy foods rich in omega-3 (salmon, sardines, trout, edamame or soybeans, walnuts, flaxseed) and other healthy fats (canola, olive and soybean oil)
- ✓ Choose foods that are less processed –learn how to cook 10 meals, visit www.bettertogetherbc.ca for recipes and to view videos of families having fun cooking together

Breakfast Wrap: Start with a whole-grain tortilla and fill with scrambled egg, cheese and tomato. You can also fill with peanut butter, fruit and granola or your favourite cereal for crunch if there aren't any nut allergies in your home or your child's class.

Breakfast

Grab & Go Breakfast: Combine your favourite whole grain cereal, some dried fruit and some nuts or dry-roasted soy nuts in a container.



If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or Kathy.Romses@vch.ca. If you have general nutrition questions, call **Health Link at 811** and ask to speak to a dietitian or visit www.HealthLinkBC.ca.