

October 2010

Health Matters

Action Packed Ideas

Canada received a failing grade for physical activity levels noting that only 12% of children and youth are meeting Canada's guidelines of 90 minutes of physical activity per day (Active Healthy Kids Canada Report Card, 2010).



Action Schools! BC

We Can Help Our Community's Kids Adopt an Active Lifestyle

Living on the North Shore provides the ideal environment year-round for regular participation in physical activities. Here are a few simple ideas from Action Schools! BC:

Support healthy, active events and activities (e.g. sport or physical activity programs, birthday parties at the pool or gym, refereeing or coaching) and fuel these activities with vegetable and fruit snacks (e.g. berries, dried apricots, vegetable sushi).

Play badminton, bocci, disc golf, Frisbee, table tennis in the yard, or hockey or basketball. Bike or walk to school, to get groceries, a DVD or library book whenever possible - *even 5 minutes is heart-health worthy.*

Play on the playground equipment before and after school and on weekends – *ask about the school's Action Schools! BC Playground Circuit or visit www.actionschoolsbc.ca*

Create an action bin and place it by the door filled with balls, skipping ropes, chalk, racquets, birdies, hockey sticks, bike helmets, etc. making it easier for everyone in your home to be active.



Overnight Muesli

500 ml	rolled oats	2 cups
500 ml	plain yogurt	2 cups
250 ml	milk	1 cup
45 ml	sugar or honey	2 tbsp
2	apples, peeled, cored & grated	2
250 ml	berries or dried fruit	1 cup
125 ml	nuts or seeds (e.g. pumpkin, sunflower, sesame)	½ cup

This is a tasty breakfast or snack recipe that has all 4 food groups. Get your children involved in choosing the fruit, nuts and seeds and making the recipe.

Combine all ingredients except nuts or seeds in a bowl and refrigerate overnight. Serve topped with nuts or seeds.
4 servings

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 **HealthLink at 811** and ask to speak to a dietitian or visit www.HealthLinkBC.ca.