



Action Schools! BC

In The Zone!

with Healthy Bones

issue three

As an Action School we have joined more than 1,500 elementary and middle schools across the province who are committed to improving the health of BC's children. Our school has made a commitment to improving children's health by integrating physical activity and healthy living messages into our school community.

Action Schools! BC was an effective means to enhance bone health in boys and girls.

McKay, H.A., et al., 2004

Action Schools! BC Insights . . .

"Bounce-at-the-Bell enthusiasm has taken off – the whole school bounces at the bell!"

Teacher Participant



Action Packed Ideas

Strong bones are built during childhood and adolescence. Jumping, weight-bearing and strength training activities build strong bones. Here are a few simple ideas to get

In The Zone with Healthy Bones:

- Skipping builds healthy bones! Jump rope and hopscotch are fun and easy for the whole family.
- **Bounce-at-the-Bell** is a physical activity program loading students' bones to decrease the risk of osteoporotic fractures later in life. Beginning with 5 jumps, 3 times a day and building up to 12 jumps is enough to substantially increase the strength of children's bones.

Action Packed Resources

- **Jump 2bFit** includes a jump rope video, CD and manual. The resource provides great ideas for clubs.
- **Active Playgrounds** is a book that highlights traditional playground games including hopscotch and four square for any space. Try out some of the games with family members and see if grandparents have some of their own to share!
- **Building Strong Bones & Muscles** is filled with motivational activities to build healthy bones.

To order any of these resources visit www.excelway.ca.

- **Bounce-at-the-Bell** posters are available in English and French. Call 1.800.565.7727 to order copies for home and school.

For more ideas and activities, download the Action Pages! from www.actionschoolsbc.ca



Action Schools! BC – Support Team: 604.738.2468 or 1.800.565.7727 ■ info@actionschoolsbc.ca

www.actionschoolsbc.ca



ActNowBC

