



Action Schools! BC

In The Zone!

with Healthy Hearts

issue four

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. Action Schools provide **more** opportunities for **more** children to make healthy choices **more** often.

In Action Schools! BC pilot schools, the aerobic fitness of students increased by 39%.

Mckay, et al., 2004

Action Schools! BC Insights ...

"Action Schools! BC helped me a lot because before I wasn't that active. And now I am the activist kid in the whole family." – ACTION SCHOOLS! BC STUDENT

Action Packed Ideas

Regular participation in active games, individual pursuits and running or walking will contribute to heart health. Here are a few simple ideas:

- **SUPPORT IT** – Support healthy, active events and activities (e.g. sports days, dance exhibitions, coaching or birthday parties).
- **SCHEDULE IT** – Plan fun physical activities for your whole family. Play a sport, dance, go for a bike ride, walk or hike – together! Even 5 minutes of physical activity is heart-health worthy.
- **USE IT** – Use playground facilities with your children before and after school and during weekends. Ask about the school's Action Schools! BC Playground Circuit.
- **CREATE IT** – Use sidewalk chalk to draw hopscotch and four square courts on your sidewalk or driveway.



Action Packed Resources

- 2010 Legacies Now – A not-for-profit organization dedicated to strengthening sport and recreation, arts, volunteerism and literacy in B.C. communities leading up to 2010, and beyond – www.2010legaciesnow.com
- Healthy Living for Families Guides – ActNow BC – www.bced.gov.bc.ca/health/hsnetwork
- A Family Guide to Physical Activity for Children and Youth – Public Health Agency of Canada – www.phac-aspc.gc.ca/guide/cp_e.html
- Health-related information and links to sites such as the Canada Food Guide – www.HealthyCanadians.ca
- British Columbia Recreation and Parks Association – www.bcrpa.bc.ca
- Active Healthy Kids Canada – www.activehealthykids.ca
- Go for Green – www.goforgreen.ca
- Heart and Stroke Foundation of Canada – Inspire heart-healthy habits in your children – www.heartandstroke.ca



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ActNowBC

