



Stan & Fran's Health Hints



March 2009

Stay active, eat like a Champion

Eating well and being active go hand in hand. Food provides our body with the fuel it needs to keep moving. To help your family stay active together and enjoy eating like champions, try some of these tips:



1.



Go for the gold by keeping energy levels high

- Keep your kids hydrated throughout the day; water is the best thirst quencher.
- Be active every day—go for a family walk, skate, or play a sport.
- Offer three meals a day and provide healthy snacks in-between.

2.

Build strong bones and muscles

- ① Walking, hiking, skipping, playing tag, hop scotch, and dancing helps to build stronger bones and muscles.
- ① Choose calcium and protein-rich foods such as milk, cheese, yogurt, fortified soy beverages, tofu, almonds, and canned salmon with bones.
- ① Many foods work together to build and maintain a healthy body, so enjoy eating a varied diet. Visit: www.myfoodguide.ca.

3.

Feel like a champion

- Take time to sit down and enjoy meals with friends and family.
- Eat well and be active to improve mood, self-esteem, and learning.



March is **Nutrition Month**® so it's a good time to focus on health; visit www.dietitians.ca or www.nutrition2009.ca for more information. With a theme of "Eating Well for Your Active Lifestyle," you can take part by living well. For tips and resources on healthy eating and active living for families, visit the BC Ministry of Education website at http://www.bced.gov.bc.ca/health/healthy_eating/family_booklets.htm.

Snack ideas for champions on the go:



- ☺ Cheese cubes with apple slices and grapes
- ☺ Trail mix with nuts, cereal, and dried fruit
- ☺ A whole wheat tortilla or pita triangles with hummus
- ☺ Fruit chunks with vanilla yogurt for dipping
- ☺ Whole grain crackers with your favourite cheese

