

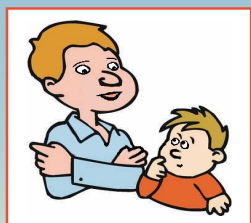


Stan & Fran's Health Hints



January 2008

Children See, Children Do



Did you know that 17% of youth smokers get their cigarettes from their parents and 16% steal them from their parents?

Parents are role models for children. Young children learn to make choices by watching their parents make choices. If a parent smokes, there is an increased chance their children will as well.

Anytime is a good time to quit! When you quit smoking you are telling your child that using tobacco is not good. Even if you are not ready to quit, you can still be a good role model by not smoking in front of your child. Don't smoke in your home or vehicle, and don't allow others to smoke in them either.

Talking to your children about smoking can cut in half their chances of becoming smokers. Talk to your children about how you became hooked on tobacco. Talk to them about your concerns about smoking and the dangers of tobacco, and listen to what they have to say in return.

January 20 - 26 is *National Non-Smoking Week*. For information and resources to help you or someone you know to quit smoking, simply click on <http://www.quitnow.ca> or call 1-877-455-2233.

CLICK OR CALL
quitnow.ca
1-877-455-2233

Available 24/7 with translation services in 130 languages

Surveys show two hot topics for New Years' resolutions are achieving a healthy body weight and increasing physical activity. Here are some TIPS to help you do both!

Achieving a Healthy Weight

Rather than focus on losing weight, plan for increasing activity and eating a healthy diet.

① Aim for at least 60 minutes of physical activity per day—do six ten-minute sessions.



① Build physical activity into your daily life: take the stairs, walk/bike to school.

① Try a new activity at least once a year: hike, dance, ski, swim—whatever interests you!

Healthy Eating

- ① Eat foods from each food group at every meal.
- ① Up your fibre intake! Try having hot cereal with dried fruit for breakfast.
- ① Start your day by eating breakfast.
- ① Eat veggies or fruit at every meal—fixed with little or no added fat, sugar or salt.
- ① Eat legumes! Canned beans or chick peas are easy to add to soups and salads.
- ① Go for whole grains, at least half the time.

