



Stan & Fran's Health Hints



February 2009

February is **HEART** Month

Choose to Move!

Children need to be active every day to promote their healthy growth and development. Kids who establish healthy lifestyle patterns at a young age will carry them—and their benefits—forward for the rest of their lives...*ActNowBC*.



Physical activity benefits children by:

- ♥ Improving self-esteem, physical and mental health
- ♥ Increasing relaxation
- ♥ Building strong bones, strengthening muscles, and maintaining flexibility
- ♥ Strengthening the heart

Children should be physically active for one hour or more each day. Make physical activity part of your family's daily routine.

- Ask children to help with active household chores; for example, carrying in groceries, taking out garbage, shovelling snow, or raking leaves.



- Put on some music and dance.
- Walk the family dog.
- Go for bike rides, walks or hikes.

- Go to the playground or park and run around.
- Limit screen time (TV and computer) to no more than two hours a day.
- Participate in community events such as the Terry Fox Run.
- Attend family swim nights.



For further **INFORMATION** go to:
<http://www.actnowbc.ca>

Active and Thirsty!

Here's your guide to the best way to keep your active child hydrated during:

- ☒ **Play:** Water or milk is the best choice.
- ☒ **Sports practices/games:** Water remains the best choice. On breaks, have water or milk, fresh fruit and crackers. Stock up on energy and electrolytes afterwards with a healthy snack (cheese and crackers, bowl of cereal, fruit and milk, toast with peanut butter and banana).



- ☒ **Intense sports:** Young athletes who cannot take any breaks (like in a triathlon) sometimes benefit from a sports drink, especially in hot weather. Afterwards, chocolate milk is a better replenisher than a sports drink. Follow this with a balanced meal or large snack.
- ☒ See our June 2008 Potato Post for more tips on keeping your kids hydrated. Check out: <http://www.interiorhealth.ca/information.aspx?id=2152>

