

A stylized sun in the top right corner and several light blue clouds in the top left corner against a blue background with a grid pattern.

Healthy Kids, Healthy Futures

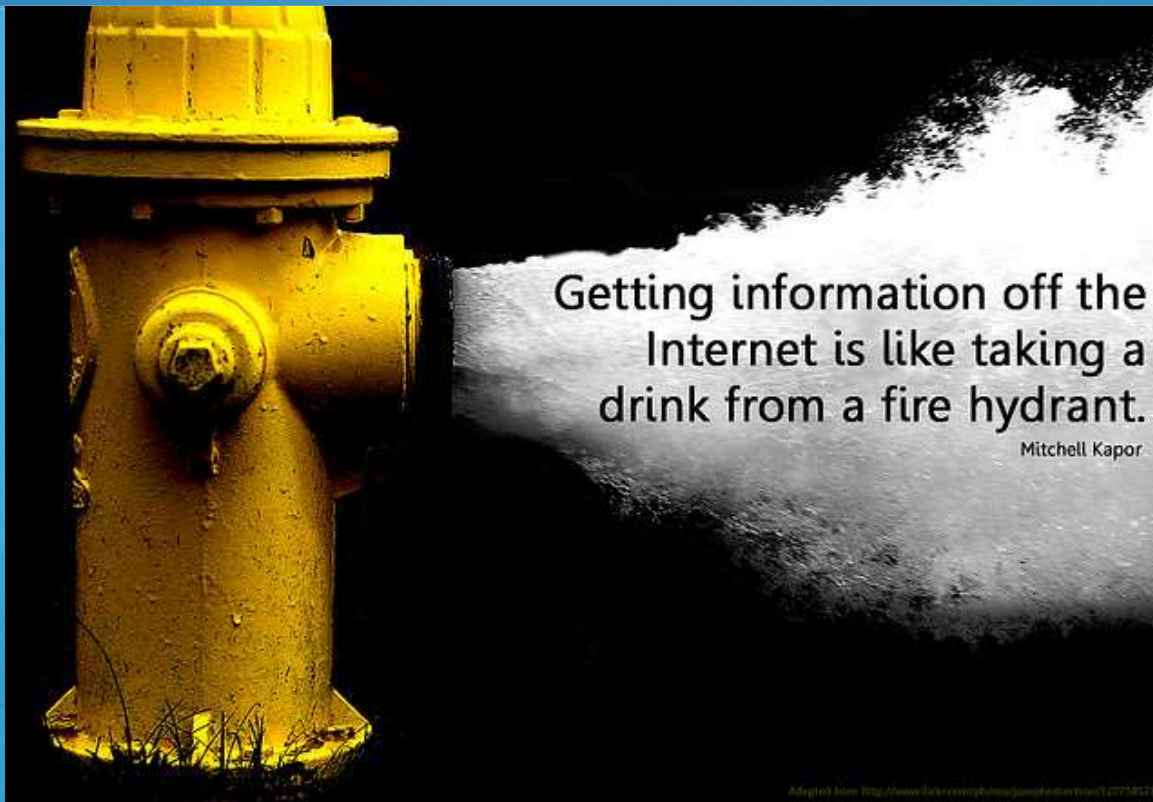
Tips for Healthy Living for Families



Welcome!

- o Brief Intro
- o Games & Activities
- o Feel free to ask questions

Overwhelmed by Media??



Ever Heard of...





Key Points

- ◊ 5 servings (or more) of VEGGIES & FRUITS
- ◊ 2 hours or less of SCREEN TIME
- ◊ 1 hour of PLAY or ACTIVITY
- ◊ 0 sugar SWEETENED BEVERAGES



Healthy Eating

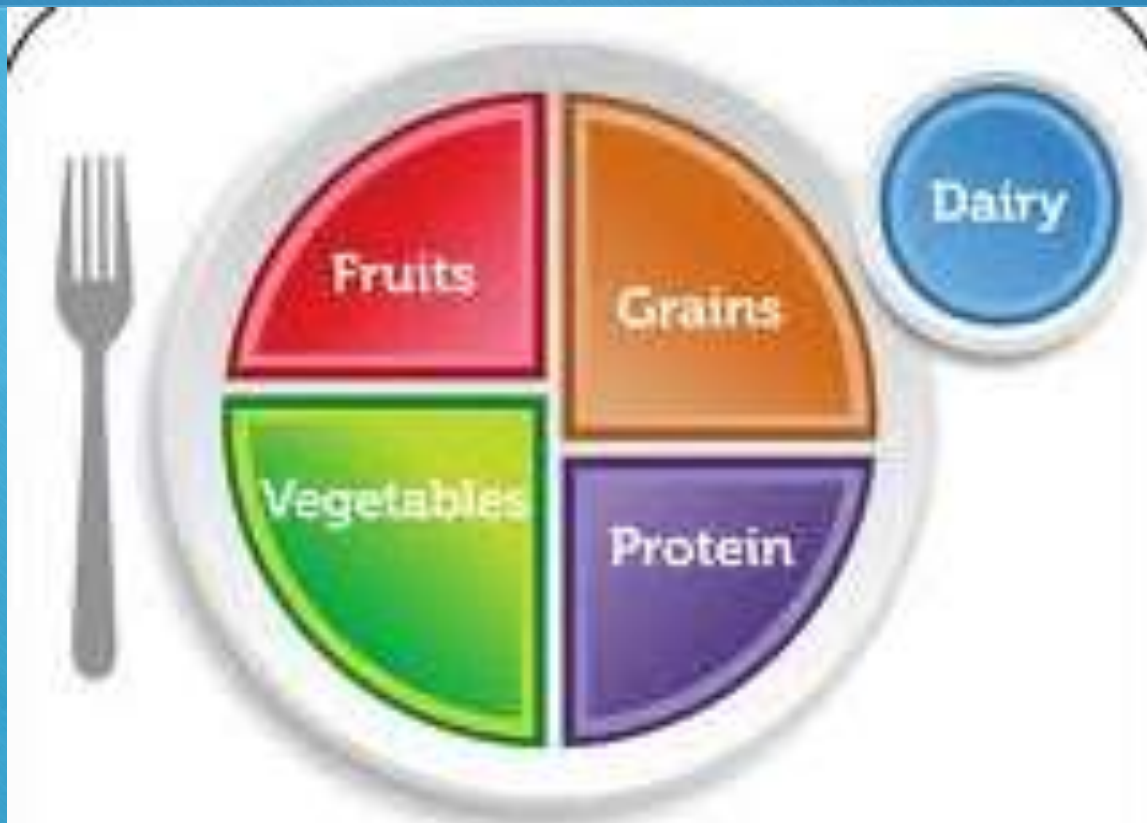
o Does anyone know the four food groups?



Healthy Eating

- Does anyone know the four food groups?
 - Veggies & Fruits
 - Grains Products
 - Meat & Alternatives
 - Dairy Products

How Much of Each?



Key Point # 1

○ 5 servings of vegetables & fruits every day





Tips & Tricks

- ◊ Eat as a family
 - ◊ Uninterrupted eating time
- ◊ Cut up veggies ahead of time
- ◊ Canned & frozen veggies are just as good
- ◊ Eat what's in season or plant your own
 - ◊ Chilliwack corn & okanagan fruit

Picky Eaters

- Very common for kids to be picky



- <http://www.youtube.com/watch?v=i6PUHLM5sx4>



Physical Activity

- o What is the recommended daily amount of physical activity for a Canadian child?
 - a) 15 minutes
 - b) Half hour (30 minutes)
 - c) 1 hour (60 minutes)
 - d) 1.5 hours (90 minutes)



POP QUIZ:

- Outside of school, how many minutes a day does the average Canadian child spend being active enough to get their heart beating fast?
 - a) 5 minutes
 - b) 15 minutes
 - c) 30 minutes
 - d) 60 minutes

But We Can Change This...

- Decrease screen time (TV, computer, iPad, video games)
 - Less than 2 hours a day
- Be a role model
- Organized sports & free play
 - Often subsidized if finances are a challenge
- Active video games better than sitting

But NO video games is best



Concrete Ideas/Suggestions

- Sit down as a family and make a goal & write it down
 - Involve the kids with things they enjoy
- Play as a family
- Eg. Walk to the park after dinner
- Make it part of your daily routine
 - Walking to the grocery store or school

Being Active

- 23 ½ hours, by Dr. Mike Evans
- Start at 7:35 sec





Key Point # 2 and #3

- 2 hours or less of screen time

- 1 hour of activity or play

A smart choice for your
sweet tooth. Since you probably
don't have a vegetable tooth.



Nice is veggie fun? Well, V8 V-Fusion®
juice gives you a full serving of
vegetables plus a full serving of fruit.*
But it just tastes like fruit.
With no added sugar. Sweet

Fact or Fiction?

Fruit and
vegetable juices are as
good for you as fruits and
vegetables

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sweet tooth. Since you probably
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With no added sugar. Sweet

Fiction

Almost 3 times as many
calories and no fiber

You can't drink your
fruits & veggies!!



What Can We Drink?

- Water is best
- Juices, pop & sweetened drinks have lots of calories but no nutrition
- Will give you lots of calories but won't make you full



Key Point # 4

- 0 sweetened beverages daily



Your best bet is...

- Water – free, healthy, available everywhere
- Juice is ok but only a little
 - *Kids – ½ cup daily (125 mL)*
 - *Adults – 1 cup daily (250 mL)*



Don't Like the Taste of Water?

- Get creative
 - Lemon
 - Lime
 - Mint
 - Cucumber
 - Frozen berries
 - Herbal teas (hot or cold)



Time to Summarize

- Who remembers the rules for today?

Time to Summarize

o Who remembers the rules for today?



*Keep TV/Computer out of the bedroom. No screen time under the age of 2.





Time to Move

- 30 second physical activity break
- Divide into groups
- 3 stations, 10-15 minutes each
- Switch groups
- Feel free to ask questions

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