

April 2011

Health Matters

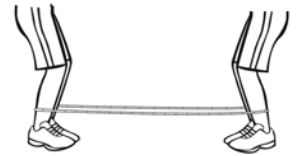
Do It Yourself Chinese Jump Rope

Chinese Jump Rope is a universal game also known as elastics or skip tape. It is typically played by 3 jumpers and begins with following a jump pattern, at a low level first, and is often accompanied by a song or a chant.

Make Your Own: Tie 4.8m (3 arms lengths) of sewing elastic into a loop.

Basic Steps: Two participants stand facing each other with their feet shoulder-width apart and the rope around their ankles and back away from each other far enough to stretch the elastic. The skipper begins by standing outside the elastic, facing either participant. The lines in the diagrams represent the two parallel elastics of the rope.

Names and Words: Using basic jumps, the skippers can spell their names (one letter per jump) or other words and jump out when finished. To make it more challenging, move the elastics up the leg a little at a time and/or try half turns between jumps.



For more information on outdoor playground games review the Action Pages! under the Quick Links on www.actionschoolsbc.ca

Shake the Salt Habit



Canadians eat too much sodium or salt, which can increase blood pressure. One out of three Canadians has high blood pressure and children are also at risk. More than 75% of the sodium is from processed foods and restaurant or take out foods.

To decrease salt:

- Read the Nutrition Facts table on food packages and choose foods with less than 15% Daily Value for sodium
- Choose less of the foods that are high in salt – pizza, sandwiches, submarines, hot dogs, hamburgers, sauces and soups
- Reduce the amount of salt you use in cooking or at the table
- Buy fresh, frozen or unprocessed foods more often
- Use low sodium seasoning or herbs and spices instead of salt

For more information, visit www.lowersodium.ca or www.sodium101.ca

No Salt Seasoning

15 ml	each dried mustard, paprika, garlic powder, onion powder	1 tbsp
7 ml	black pepper	1 ½ tsp
5 ml	each dried basil, dried thyme	1 tsp

Combine ingredients in a bowl and store in a sealed container. Use instead of salt.

