

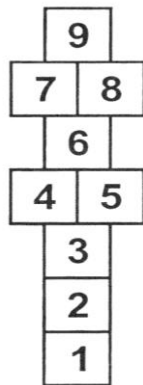
June 2011

Health Matters

Hopscotch

Hopscotch has been played around the world for hundreds of years. Players take turns hopping and jumping over lines, squares, circles and x's drawn on the ground travelling up and down the length of the hopscotch patterns. Hopping contributes to improved bone health and helps develop coordination, agility, and balance while providing a fun and accessible outdoor activity.

Hopscotch (basic game) - Players toss a marker (e.g., stone, bean bag) into the first space. If the marker lands outside this space or on a line the player's turn is over and the marker is left in that space. If it lands inside the first

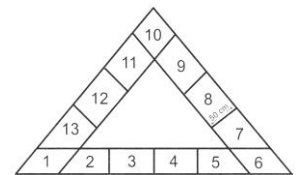


space, the player hops on one foot over this space and continues through the rest of the pattern. On the way back, the player stop at the space just before their marker and pick it up (without losing balance on one foot), hop into that space and then out. The player repeats this pattern tossing their marker into the next consecutive space until a mistake is made (tossing or hopping error) ending their turn. Players must hop over any space occupied by a marker. If spaces are side by side the players may

hop with 2 feet (1 foot in each space). The first player to complete all numbers in the pattern (and back again) is the winner.

Triangle Hopscotch –

Players hop into space 1 and facing space 10, hop each space sideways to space 6, then diagonally forward to space 10, then diagonally backwards to space 1 again and out. Players use a marker and apply the rules used in basic hopscotch. Players may rest on 6 or 10.



For more daily physical activity ideas visit

www.actionschoolsbc.ca



Locally Grown Food

Support your health, the environment, the local economy and BC farmers and producers, by choosing locally grown vegetables and Fruit. Here are some ideas for finding locally grown food:

- **Loutet Farm** – the City of North Vancouver urban farm officially opened April 2011. The farm will provide locally grown produce and courses on food production for adults and children. Visit www.ediblegardenproject.com and search online for other urban farms.
- Grow your own food in your garden, in containers or participate in a local community garden. **West Coast Seeds** provides information on how to grow vegetables and fruit www.westcoastseeds.com.
- Visit **farmers' markets** to meet farmers and producers, learn about local products and try new food. Look for locations in local papers or visit www.bcfarmersmarket.org and www.getlocalbc.org.

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or Kathy.Romses@vch.ca. For general nutrition questions, call **HealthLink BC at 811** and speak to a dietitian or visit www.HealthLinkBC.ca. For school based physical activity or healthy eating questions please contact Action Schools! BC info@actionschoolsbc.ca.