

May 2010

## Health Matters

### Tune in to Activity



Canadian children between the ages of 10 and 16 are spending 6 hours per day in front of a screen (e.g., computer, TV, video). Children and teens need about 9 to 10 hours of sleep a night and they're at school for 6 hours a day. When you add up the numbers, it leaves about 2 hours for activity, eating, and personal care. Teens who start working add even more pressures to their schedules. It's not surprising that most children and youth aren't meeting the recommended 90 minutes of activity per day. Encourage your children to reduce screen time and add some activity and fun to their day.

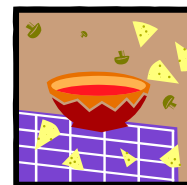
Inactive, female secondary students from West Vancouver gave us some tips on how to get them more involved in activity and Physical Education classes.

- Information about activities in the community (phone or visit your recreation centre)
- Low cost activities, e.g., walking on local trails, Frisbee in park
- More girls only choices
- More choices in Physical Education, e.g. yoga, community activities
- Less pressure for high marks in academics
- Physical Education marks that are based on effort and personal improvement

CAAWS (Canadian Association for the Advancement of Women and Sport and Physical Activity) has lots of information and resources on helping to get females interested in activity [www.caaws.ca](http://www.caaws.ca) as well as ProMOTION Plus [www.promotionplus.org](http://www.promotionplus.org).

If your son or daughter is inactive, talk to them about what would help to increase their activity.

Here are some of the benefits of activity and sport – increases self esteem, helps connect children with their community, decreases smoking and drug use and it supports learning.



#### Emily's Zippy Dip

½ cup	hummus	25 ml
½ cup	salsa	25 ml
2 tbsp	low fat yogurt or low fat sour cream	25 ml

1. In a bowl, stir together hummus, salsa and yogurt or sour cream until blended well.
2. Serve with raw vegetables, whole grain crackers, baked tortilla chips or baked pita chips. This can also be used as a sandwich spread.

Source: Kid's Recipe Challenge winning recipe ([www.eatrightontario.ca](http://www.eatrightontario.ca))

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or [Kathy.Romses@vch.ca](mailto:Kathy.Romses@vch.ca). If you have general nutrition questions, call Health Link at 811 and ask to speak to a dietitian or visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca).