

May 2011

## Health Matters

### Skipping Our Way to Good Health

**For health benefits, the new Canadian Physical Activity Guidelines (2011) recommend 60 minutes of moderate- to vigorous-intensity physical activity daily for children aged 5-17. A popular moderate activity anyone can do anywhere is skipping rope...**

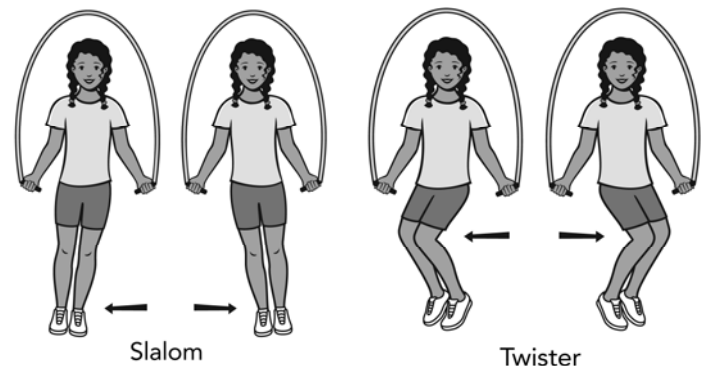
Skipping rope builds strong bones, develops muscle endurance, promotes a healthy heart and increases co-ordination. For ages 6 to 9, use a 7 foot (2.1 metre) rope and for older children use an 8 foot (2.4 metre) rope.

**Tips** for skipping rope:

- wear proper footwear with laces tied
- keep arms close to body
- use small bounces, rather than big jumps
- aim for one successful jump at a time

Encourage skill progression. Practise jumping and landing in different ways **without rope first** then progress to: **two-foot** (basic), **one-foot**, **boxer**

(jump two times on each foot), **forwards**, **backwards**, **slalom** (skier jumping right then left over mogul), **twister** (twist hips side to side), **jumping jacks** (feet together, straddle, repeat), **scissors** (straddle with right foot forward left foot back, reverse), **X-It** (alternate straddle with feet crossing at ankle each jump). Make a routine to music and share it with family and friends.



For information on skipping or other playground games review the Action Pages! under Quick Links on [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca).

### Marketing to Children

A recent study found that 8-18 year olds spend more than 7 hours per day using media that includes TV, cell phones, iPods, laptop computers, and video games. Companies spend billions of dollars using these forms of media to market their products to children. Most of the food and drink ads are for products low in nutrients and high in calories, fat, or sugar.

**Tips** for managing marketing and media:

- monitor your child's media use
- set limits for the types and amount of media they use
- spend time with your child and the media they are using
- talk about marketing methods companies use to help sell their product
- teach children to be critical viewers or to ask questions when they are watching or listening to marketing messages
- check the privacy policy on websites before giving them personal information, e.g. contests and surveys

Visit the Media Awareness Network at [www.media-awareness.ca](http://www.media-awareness.ca) for more information.

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 **HealthLink at 811** and ask to speak to a dietitian or visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca). For school based physical activity or nutrition questions please contact [info@actionschoolsbc.ca](mailto:info@actionschoolsbc.ca).