

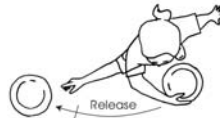
September 2011

Health Matters

Playing with a disc (or Frisbee) is a fun and easy way to incorporate the whole family in physical activities. Keep a disc in the car, in your bike pannier, back pack or near the door for quick access when you're walking with friends to school, to the park or to the beach! Try playing with the basic backhand throw and pancake catch first - then mix it up!

Backhand Throw

1. Grip disc, thumb on top.
2. Throwing shoulder towards target.
3. "Nail" down pivot foot.
4. Swing arm while stepping towards target.
5. Snap wrist, point towards target.



Pancake Catch

1. Face thrower in ready position.
2. Watch the disc.
3. Move towards the disc.
4. Clap hands together on top and bottom of disc.
5. Pull disc into body.



Visit www.actionschoolsbc.ca for more daily physical activity ideas.



Lunches That Make the Grade



Healthy lunches help to provide the fuel children need to learn. Here are a few tips to get you started:

- **Involve children** – they will be more likely to eat foods that they have helped to pack
- **Get organized** - store everything needed for packing lunches in one spot, e.g. bags, water bottles, reusable containers, thermos, napkins
- **A+ choices** - choose foods from at least 3 of the 4 food groups from Canada's Food Guide
- **Keep a shopping list on the fridge** – family members can add items to the list to ensure that they have the items needed to make their lunch
- **Prepare "planned overs"** – make extra servings of meals and use them for lunches, e.g. soup, rice and vegetables, spaghetti
- **Make lunches the night before** – this will help get children to school on time
- **Follow your school's food allergen policy** – to help keep all children safe at school

For more ideas and tips, visit the Dietitians of Canada website at www.dietitians.ca.

If you have general nutrition questions, call **HealthLink at 8-1-1** and ask to 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.