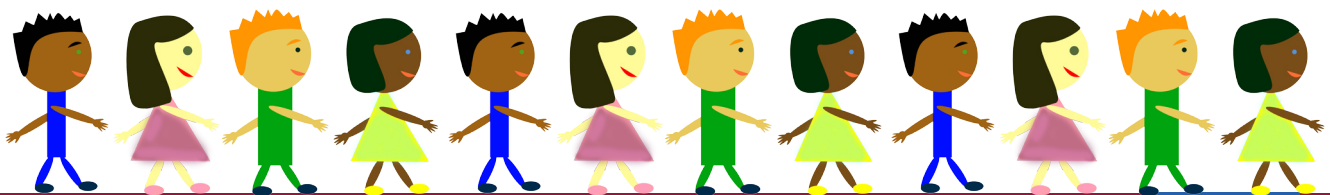


Growing Up **Health**

- Make a healthy change to your diet or exercise routine each week. Smaller changes can help make your family's transition to healthy living a little easier.
- Role-model healthy eating habits for your child. If your child sees you eating junk food, he/she will likely do the same.
- Have a Canadian Food Guide available for your child to view regularly to ensure proper eating habits. A downloadable version is available online at www.hc-sc.gc.ca.
- Encourage your child to try at least one bite of something healthy that they are unfamiliar with. You may be surprised at what they enjoy.
- Enjoy family-fun activities like hiking, swimming, biking or rollerblading.
- Provide your child with at least one healthy snack at school per day. A day full of sweet snacks can decrease your child's attention span at school.
- A less nutritious snack or beverage should be allowed in moderation, and better yet, on schedule, like on Fridays or at parties.
- Walk to school together! Active and Safe Routes to School Canada (ASRTS) promotes walking to school with their community-based initiative. For more information, visit www.saferoutestoschool.ca.
- Enjoy a walk/hike with your family once a week. This walk can promote an active lifestyle while also providing you with some quality family time.



Stay Connected! Join the Dufferin-Peel eCommunity. Visit us online at:

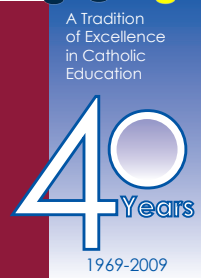
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