Départ Santé Healthy Start

Bouge - mange bien.
Be active - Eat well.

# You are off to a Healthy Start!

**Like us on Facebook and follow us on Twitter! And don't forget to sign up for the Healthy Start Sampler Newsletter on our website:**

**www.healthystartkids.ca**

## Today, have you?

- ☐ Tried a new **LEAP / HOP** activity? (Don't forget the **APE** kit!)
  *Aim for 180 minutes of physical activity per day!*
- ☐ Taught **Fundamental Movement Skills**?
  (roll, kick, catch, throw, bounce, one-handed strike, two-handed side-arm strike, run, horizontal jump, gallop, skip, hop)
- ☐ Tried a new **Food Flair** activity?
  *Incorporate healthy eating conversations to your day!*
- ☐ Respected the child's eating responsibility? (**How much** and **whether**)
  *The caregiver's responsibility is what, when, and where!*
- ☐ Did my best to model healthy habits?

## This month, have you?

- ☐ Shared your favourite **Healthy Start** ideas with others in your team and at staff meetings?
  *Take the opportunity to set common health goals for the centre.*
- ☐ Shared the **Healthy Start Sampler** Newsletter with parents from your centre?

**Please share your Healthy Start stories! We love receiving comments and feedback.**

**info@healthystartkids.ca**

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**Réseau Santé en français de la Saskatchewan**
Saskatchewan Network for Health Services in French
102-308 4th Avenue North, Saskatoon SK S7K 2L7
Tel: 1-855-653-7454
www.healthystartkids.ca

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