



We are on the web!

Check out our website:

<http://www.move2healthychoices.ca/>

Move to Healthy Choices was founded as a partnership between Prairie Mountain Health, Recreation and Regional Services and Westman Recreation Practitioners Association. Its goal is to coordinate activities that promote and encourage healthy choices leading to improve individual and community wellbeing and an overall decrease in chronic disease.

Since 2005 the group has collaborated on a number of initiatives to stimulate and initiate action to improve individual and community wellbeing. This is accomplished primarily through projects that support healthy eating and increased physical activity.

As new projects develop, additional partners are brought on to ensure a successful outcome. Our project specific partners include Sport Manitoba, Westman Parent Child Coalitions, Westman Childcare Coordinators and Manitoba School Nutrition Support Team.

Upcoming Event:

Brandon Family Fun Fest — September 16th 10am to 1pm at the BU Healthy Living Center.

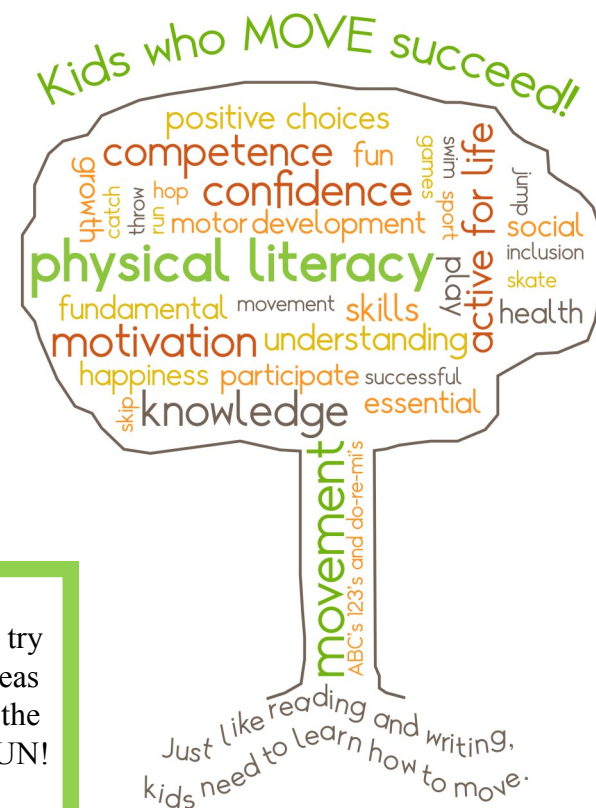
- “Try it for FREE” sports and Canada 150 Play List activities
- Meet and learn from the BU Bobcat athletes
- Basketball, soccer, badminton, pickle ball, volleyball, Fit Kids Healthy Kids motion zone, photo booth, door prizes
- Supported by Brandon University, BU Bobcat athletics, Healthy Brandon in motion, ParticipACTION 150 Play List, Westman Physical Literacy and Healthy Together Now

Contact us:

Prairie Mountain Health
Health Promotion
Brandon 578-2194
South 523-3224



Check out our Fall activity calendar for September and try some of the activities, all of the activities, or use the ideas to inspire your own activities that incorporate learning the fundamental movement skills—but most importantly FUN!



Just like reading and writing, kids need to learn how to move.

WESTMAN PHYSICAL LITERACY

Helping kids learn to MOVE!

Back to school hacks: essential tips for A+ parenting



The start of a new school year is a hectic time of year for parents and students alike. It's time for new shoes, new friends, new classmates and exciting new challenges. After a never-long-enough summer, it's back to the educational grind. The first few weeks of school might seem like a whirlwind of places to be and new names to learn. In this confusion many of our prized routines can go by the way-side. Here are some practical tips to keep active and happy when summer ends and school begins.

Beware of over-programming

The start of the school year means the start of a whole new set of clubs and sports as well. It's easy to overfill our days and nights with valuable activities that promote personal growth and activity, but there should be a limit to our scheduling. Leave some time in your weekly calendar for your kids to decom-

press and enjoy some un-structured outdoor play. The weather in September is ideal for fun outdoor games that don't require much organization. Make time to play some pick-up sports, go for a bike ride, or [try one of these seven ideas for outdoor play](#)— just let them go where the day takes them before the cruel hand of winter shuttles us all indoors.

Walk it off

A few days into back-to-school can make

the family car feel like a never-stopping taxi service, shuttling kids to lessons and practice. As established earlier, the schedule crunch is real. While everyone has places to be and people to see, there is no better way to sneak in some activity than by walking or wheeling to school or after school activities. If afternoon activities necessitate car trips, consider parking a little further away to build in a walk.

Sleep check

If endless summer nights lend themselves to staying up late, waking up in the morning gets tougher. Once school starts, it's back to working at a different pace. Making sure kids are up early enough to get a good start on the day is important, as is getting them to sleep at a reasonable hour. Give your kids the rest they need



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to attack each day by ensuring they get the right amount sleep. Kids aged 5-13 need between 9 and 11 hour each night, and kids aged 14-17 should get 8-10 hours. Consistent bed times and wake up times help to build [healthy sleep practices](#).



ParticipACTION has 5 Key Physical Literacy messages

Here's #2 and #3, check out their [website](#) for the others!

2 Everyone can develop physical literacy – regardless of culture, age, gender, socio-economic background or ability.

- Programs and activities designed to develop physical literacy should be available to everyone through daycares, schools, recreation and sport programs.
- Programs and activities should emphasize skill development and fun above performance outcomes, be intentionally positive so that the participant remains motivated to stay active, and intentionally accessible as to include everyone.

3 Physical literacy opens the door to a world of opportunities in physical activity, sport, and daily life.

- Physical literacy provides individuals with the confidence to apply a set of skills to a new activity or sport.
- Without physical literacy, research shows that many kids become frustrated and withdraw from sport and recreation activities.

September 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Weather Movement Game	2 Gross Motor Beach Ball Game
3 Cowboy Gross Motor Activity	4 All About Me Math Race	5 XO Hop	6 Spider Gross Motor Activity	7 Balloon Boppers	8 Fly a Kite	9 Nature Wands
10 Play in Leaves	11 Driveway Shape Maze	12 Move Like a Gymnast	13 Jumping Games	14 Single Leg Stance	15 Soccer Drills	16 Attend Brandon's Community Family Fun Fest!!! Or ABC Leaf Hunt
17 Backyard Balancing	18 Flaming Hoops	19 Sticky Tic Tac Toe	20 Fall Themed Yoga	21 Milk Jug Catcher Game	22 Tire Run	23 Fun Fall Hike
24 Pillow Party	25 Nature Art	26 Leaf Maze	27 Tree Games	28 Apple Toss	29 Mini Pumpkin Toss Up	30 Visit a Pumpkin Patch

Directors of Westman Child Care



September 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Juggling Balls Learn to Juggle	2 DIY Pugil Sticks
3 Fly a Paper Airplane	4 Sky Ball	5 Tug-of-War	6 Mini Putt	7 Balloon Boppers	8 Fly a Kite	9 Nature Art
10 Pillow Fight!	11 Climb a Tree	12 Wall Ball	13 Jumping Games	14 Tai Chi	15 Soccer Drills	16 Pillow Party
17 Backyard Balancing	18 Skee Ball (use rolled up socks!)	19 Sticky Tic Tac Toe	20 Fall Themed Yoga	21 Milk Jug Catcher Game	22 Tire Run	23 Fun Fall Hike
24 American Ninja Warrior Obstacle Course	25 Stick Pull	26 Nerf Gun Games	27 Tree Games	28 Potato Sack Racing	29 Driveway bike riding	30 Visit a Pumpkin Patch

