



Stan & Fran's Health Hints



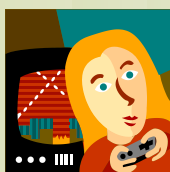
February 2011

Active Video Games

A Good Way to Exercise?

Do you ever wonder if active video games such as Nintendo Wii or DanceDanceRevolution are a good way to exercise? Research on the long-term physical benefits of active gaming is still limited, however; there is some evidence showing positive short-term benefits.

What the research says so far:



- more calories are used and heart rates are higher when playing active video games than during sedentary video games
- there is some evidence that suggests cardiovascular fitness can be improved with regular use
- active video games provide a high level of enjoyment and can help people stick to exercise



Active video games can be a fun way to promote *additional* physical activity. They should not replace regular exercise.

For more information on Active Video games, read the full article at:

<http://www.centre4activeliving.ca/publications/wellspring/2009/aug-video-games.html>

Excerpts from this article are printed with permission from Alberta Centre for Active Living www.centre4activeliving.ca

Snack Attack!

Many parents are surprised to learn that some snack foods marketed as healthy are contributing excess sugar to their child's diet. Read the Nutrition Facts table and ingredient list and choose snacks that are lower in added sugars.

- Limit products that list sugar in the first three ingredients.
- On the ingredient list look for words ending in 'ose' to identify added sugars, e.g. glucose, fructose or sucrose. Other forms of added sugar include honey, molasses, cane juice, and maple syrup.
- Keep in mind 4 grams of sugar equals 1 teaspoon.

Here are some yummy lower sugar snacks for your hungry learner:

- Fresh fruit or canned fruit packed in water or juice
- Whole grain toast or crackers with nut butter or hummus
- Plain yogurt with fresh fruit or frozen berries added
- Trail mix with nuts, seeds and unsweetened dried fruit
- Vegetables and dip

