



YMCA Healthy ACTIVE Schools Initiative (YHAS)

Daily Physical Activity (DPA) is a great way for children to develop good lifelong fitness habits. Research has proven that daily physical activity not only improves health, but is also a key factor in helping students achieve goals. Through the YMCA Healthy Active Schools initiative, your school received a series of posters designed to make the DPA easier to deliver. Division specific DPA posters present in each classroom encourage regular physical activity which in turn builds strong bones and muscles, helps to achieve a healthy weight, promotes good posture, strengthens the heart, improves self-esteem and enhances growth and development.

You can participate at home too: there's no time like the beginning of school to start active family habits. Everyone is changing their routines and getting used to new people, places, and expectations.

Here are a few ideas, from the Weight of the World Challenge, to help you start your school year on the right foot – the ACTIVE one!

1. **Walk to school** – take turns walking the kids to school by creating a “walking school bus” with members of your family, neighbours, and friends.
2. Make a goal to **reduce** each family member's amount of TV, video games, and computer use.
3. Try a new or different activity each week. **Have fun!**

For more information about YHAS please contact Nina Robitaille, nina_robaille@ymca.ca