

A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

Sneak in a Break

This month, students are learning the importance of taking active breaks through a campaign called Sneak in a Break. Here is a summary of the learnings and how you can support your child's health.

Who needs a break?

In today's working world, millions of people are spending hours in front of their computers each day. Most Canadians know that low levels of physical activity have negative effects on our health. However, spending more time standing, walking and engaging in light movement throughout the day can **help reduce the risk of developing illnesses** like obesity, cardiovascular disease, type 2 diabetes, and respiratory diseases.¹



Taking active breaks during work hours is easy to do, and it's good for you! An active break can be as simple as taking a ten-minute walk outside during your lunch or coffee break. Or, it could involve regular exercise, such as visits to a fitness facility near your workplace. How do you plan to sneak in a physical activity break into your day?

Sneak in a Family Break

Here are some healthy family break ideas:

- Minute to Win It games are a fun way to pack an active break into a short timeframe
- Go for a family walk in your neighbourhood
- Build an obstacle course that your family must complete every hour
- Play fun music and have a dance competition
- In 10 minutes, see how many passes you can make as a family with a soccer ball
- Follow a 10-minute yoga video on YouTube to follow as a family

Reference:

¹ <https://www.canada.ca/en/public-health/>

www.appleschools.ca

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