

working towards:



Better health. Best in health care.



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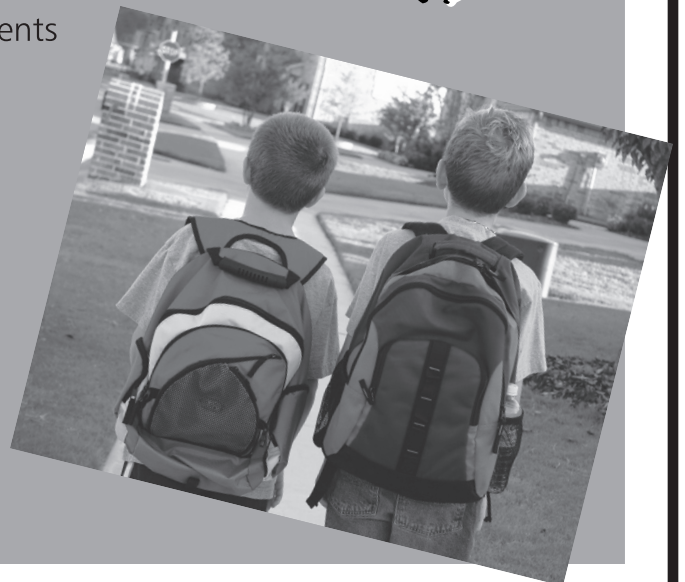
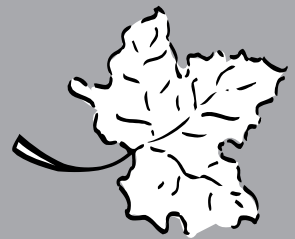
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Avoid Backpack Strain

As children and teens head back to school this fall, one of the first things they'll do is strap on a backpack, often loaded with heavy textbooks. To avoid backpack strain remind your child to:

1. Select a backpack which is sturdy and appropriately sized.
2. Wear both straps. Slung over one shoulder, a backpack interferes with proper posture and can cause muscle strain.
3. Load the backpack to weigh no more than 15 per cent of their body weight. For example:
 - 80 lb. student – no more than 12 lb. backpack
 - 120 lb. student – no more than 18 lb. backpack
 - 150 lb. student – no more than 22.5 lb. backpack
4. Stand up straight. Heavy backpacks cause students to lean forward, which could affect the natural curve of the back.
5. Balance contents so that the load is distributed evenly.
6. Report aches and pains to you, teachers or a school nurse.

For more information, call your local public health unit. Phone numbers are in the blue pages of your phone book.



Encouraging Healthy Habits Can Provide a Lifetime of Good Health

As our children return to school this month, it's important to recognize the significant role that parents play in fostering healthy habits in their families. Today, young people are suffering from unprecedented health problems directly related to poor nutrition and physical inactivity, including obesity and early onset diabetes. Whether your child is a toddler or a teen, encouraging healthy choices and providing wellness information will give your children the best chance for lifelong health. See our article on *Healthy Tips for Back to School Lunches* for more information.

A recent landmark study has shown us that up to 90 per cent of heart disease is preventable. The most controllable risk factors include cigarette smoking, high blood pressure, abdominal obesity, lack of daily consumption of fruits and vegetables and a lack of daily exercise. At Fraser Health, we believe that a commitment to a healthy lifestyle is a personal responsibility which contributes to the overall wellness of our population. When you need us, our dedicated staff of over 22,000 health care professionals will be there to help.

Fraser Health wants to help you in making healthy lifestyle choices as we strive for *Better health. Best in health care.*



R.J. (Bob) Smith
President and CEO
Fraser Health



Healthy Tips for Back to School Lunches

Creating healthy lunches that your kids will actually enjoy eating can be a challenge for any parent. Try these ideas for lunches which are nutritious, tasty and fun!

- Involve your children in planning lunches – they'll be more likely to eat them if they had a hand in making them.
- Avoid processed foods – instead make lunches with whole grains, fruits, vegetables, and cheese.
- Instead of bread, try alternatives such as whole wheat bagels, tortillas or pitas.
- Maximize leftovers – cooked rice mixed with cheese, fresh veggies and salad dressing make a great lunch.
- Avoid fruit drinks that aren't labeled 100% juice.
- Look for snack bars with ingredients like whole wheat, rolled oats and brown rice rather than flour, wheat and sugar.
- Pre-cut fruit is easier for kids to eat. Quarter oranges, slice melon, or pack bite size fruits such as cherries and grapes.
- Packaged lunch kits with crackers, puddings and drinks are often full of calories and sugars. Make your own "lunch kit" with whole grain crackers, deli meats, fresh fruit and veggies.
- Chocolate milk and fruit yogurt are high in sugar, but rich in calcium, making them a great choice for an occasional treat.

More great ideas for healthy lunches can be found at

<http://www.dietitians.ca>

