



Pharmasave®

HEALTH AND WELLNESS CONNECTION

Back to School in the Best of Health

BRIDGETOWN PHARMASAVE

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Hours:

Mon. - Fri. 9 - 9,

Sat. 9 - 5,

Sun. 12 - 5

www.bridgetownpharmasave.com

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Live well with

PHARMASAVE®

Vacations are over.

Now it's time to get your kids ready for school. New clothes and supplies are only a part of it. A little planning and you can also give them a fun and healthy year. It's never too early to teach children about health and making healthy choices. Their lunch kit is a great place to begin. Pack it with nutritious treats such as a couple of servings of fruit and veggies, maybe carrot sticks and a banana. Add grains with whole-wheat bread. Power their lunch with proteins such as fish, nut butters, or meat (lean chicken rather than high-fat processed luncheon meats). Include low-fat dairy products like skim or 1 percent milk

or reduced-fat cheese, yogurt or other calcium sources. If your child can't or won't eat dairy products ask your doctor, public health nurse, or dietician for other options.

Exercise with a capital "E" is the other element that makes a healthy school year. Kids have energy, so encourage them to use it on the local soccer team, or by playing tag or ball in the park. Don't let them turn into couch potatoes. Consider limiting TV watching which can take important time away from physical activity and homework. Being outdoors more often will also help them sleep better, which helps them do better at school. Schedules are more relaxed during

holidays. When school is in session it's important for your kids to get regular sleep. A 6-year-old may need up to 12 hours. A 12-year-old may only need 9 hours.

Make the year as safe as you can.

Children who bike to school require helmets and grounding in basic road safety. If you or someone else drives them to school remind them to always "buckle up". Sadly car accidents are the most common cause of death in school-age children. Seat belts save lives.

It's as simple as that.