



February 24th, 2012

Healthy Lifestyle for your Kids and Teens

Keeping your family members active and healthy is a challenge. Many of my pharmacy clients struggle with maintaining a healthy lifestyle for their kids and teens. This week, I'd like to offer some insights into some of the latest lifestyle research that may affect your family.

Eating a Healthy Breakfast

For children, studies show that a balanced breakfast improves concentration, memory, learning and social skills. A balanced breakfast includes fibre and protein to reduce blood sugar spikes and improve satiety. For some good breakfast ideas, visit www.breakfastforlearning.ca.

TV Watching – the Dangers of Background TV

Similar to "second-hand smoke," background TV may prove to be a problem for kids. A study in Pediatrics has pointed to an average of 4 hours exposure in children aged 1-8 years old – 5.5 hours in the under 24-month set! This doesn't include any direct TV watching time. It's unclear what the impact is, but it's thought to disturb play (disrupting cognitive development) and result in poor quality parent-child interactions.

Teens and Texting

Overall, more teen drivers are wearing seatbelts and not drinking & driving, but a newer behaviour is cause for concern: texting & driving. The Centers for Disease Control and Prevention polled over 15,000 high school students and found that up to 58% texted or e-mailed while driving! Since February 2010, BC residents caught driving and texting face a \$167 fine coupled with losing 3 demerit points from their licence. Arrive to your destination alive – leave your cell phone out of reach.

When you are armed with the right information, making sound decisions is much more straightforward. Talk to our pharmacists to get the straight goods.