

## Promoting healthy lifestyles in Renfrew County

by Jennifer Cummings

The launch of the unique "Know More Do More" program provides parents throughout Ontario's Champlain Region with the opportunity to promote a healthier lifestyle for their families.

The program, launched in Petawawa on March 27, was created when a recent study by the Champlain Cardiovascular Disease Prevention Network (CCPN) discovered a startling disconnect between parent's perception of their children's healthy lifestyles and the reality.

"The recent study revealed an alarming contrast in people's perception of what healthy living is," said Micheline Turnau of the Ontario Heart and Stroke Foundation. "The reality is that today's youth could be the first generation to have a shorter life span than their parents."

The study revealed that nine out of 10 parents rated their kids as active or very active when 87 per cent are not getting the recommended 90 minutes of activity a day.

Only seven per cent of the 2,000 families surveyed said their child was overweight and none felt their child was obese. In reality 26 per cent of Canadian children age 6-11 are overweight or obese with the numbers increasing to 28 per cent for teens.

"It is hard to believe that we are that out of touch with reality," said Turnau. "Parents are overestimating their children's physical activity and underestimating their weight."

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Part of the Know More Do More strategy is implementing simple and fun changes to family life. Four-year-old Aldis Anna Stewart demonstrates just how fun it can be by playing the Heart and Stroke Foundation 'Food Fun' game with Micheline Turnau, Community Mission Specialist for the Ottawa Health and Stroke Foundation. (photo by Jennifer Cummings)



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## Documentary will focus on soldiers and families facing stress injuries

Award-winning filmmaker seeking Petawawa-based participants for film.



*voices behind the headlines*

submitted by Judy Jackson

TVOntario is producing an educational documentary about soldiers returning from war only to face the challenge of Operational Stress Injuries.

We would very much like to film with willing soldiers who have put themselves in harms way for the

sake of the country, and then found that they face further stresses when they come home.

We are also documenting the experiences of the families and loved ones who support them.

The film is produced by Judy Jackson who has made many award winning docu-


mentaries, several of them in war zones. This is an in-depth project, and participants will be treated with dignity and care

The purpose of the documentary is to make the public more aware and concerned about the issues which soldiers and families face.

We will be filming at Petawawa in the last two weeks of April.

If you are an interested soldier or family, please contact Judy Jackson at judy-films@hotmail.com, or call 250-653-4068.

Visit [www.judyfilms.com](http://www.judyfilms.com) for more information.




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# “Kids Belong Together” poster contest winners

by Lisa Brazeau  
 A growing body of research, literature and experience is highlighting how inclusive classrooms are the best model for learners and educators. Passing that message to

future generations at an early age is what Community Living Upper Ottawa Valley, in partnership with the Renfrew County Catholic District School Board (RCCDSB) and the Renfrew County District School Board (RCDSB) is doing through the "Kids Belong Together" Poster contest.

Two-hundred and thirty entries, 165 from the separate board and 65 from the public, were judged recently at the Pembroke Mall and the following winners were announced:

Renfrew County District School Board North: 1st – Charlie Hepworth, Highview Public School; 2nd – Novena Carriere, Rockwood Public School; 3rd – Skylar Reed, General Lake Public School.

Renfrew County District School Board South: 1st – Madison Tomasini – Cobden Public School; 2nd – Sarah McIntyre – Cobden Public School; 3rd – Bailea Haaima – Queen Elizabeth Public School.

Renfrew County Catholic District School Board North: 1st – Jessica Ryan – Our Lady of Sorrows Catholic School; 2nd – Hayley Kettlewell – Our Lady of Sorrows Catholic School; 3rd – Nicholas Gin – Cathedral Catholic School.

Renfrew County Catholic District School Board South: 1st – Kate Ryan – Our Lady of Fatima Catholic School; 2nd – Delaney Lenvoy – Our Lady of Fatima Catholic School; 3rd – Paige Bev Crozier – St. James Catholic School.

The poster contest focuses on greater community awareness of Community Living in Renfrew County and inclusion for people with disabilities.

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Petawawa winners - (Above) Our Lady of Sorrows students Jessica Ryan (left) and Hayley Kettlewell (right) took first and second place respectively in the Renfrew County Catholic District School Board North, and (above right photo) Skylar Reed, a Grade 4 student at General Lake Public School won third place in the Renfrew County District School Board North in this year's "Kids' Belong Together" poster contest. (Photo by Lisa Brazeau, Petawawa Post)



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The Know More Do More program gives families the tools they need to implement fun and easy practices into their daily lives. Families at the launch received a jar filled with tips such as serving children milk in wine glasses at dinner and holding a dance-off in the evening.

"One of our key messages in this program is that a healthy lifestyle is very doable," said Brian Brohart, Renfrew County and District Health Unit Health Promoter, adding that it doesn't have to cost a lot of money or take up a lot of time.

"Petawawa is a model community when it comes to promoting healthy living and there is great support from CFB Petawawa," said Brohart.

Local group Kid Active has been working to address the issue of inactivity in children for about two years. Executive Director Shawna Babcock announced at the launch that there are approximately 70 community leaders involved with the group, working towards building a safer and healthier community.

The Gorman family will be the project's local Champion Family, leading the way by incorporating the program into their daily lives for a year.

"This program is close to my heart as it represents the kind of lifestyle we strive to live as a family, to involve our whole family in healthy living practices," said Tracy Gorman. "By taking care of ourselves we show a great example to our children."

With husband Dean in the military, Tracy a marathon runner and children Sarah and Ryan members of several sporting teams, the Gorman family is no stranger to an active lifestyle.

"We committed to this program because we don't want our children to struggle as adults making the right decision for a healthy lifestyle," said Gorman. "We want them to learn how to eat properly and to make exercise a regular part of their routine."

Families can sign up for the program online to win prizes, get information and to download tips and ideas by visiting [www.knowmore-domore.ca](http://www.knowmore-domore.ca)



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