

# 'Know More Do More' *A call to action*

## Kitchissippi CORNERS

By Andrea Tomkins

Over the last 25 years, the number of overweight or obese children in Ontario has tripled. It may seem like an overwhelming problem to tackle, but part of the solution may be about making small and manageable changes to the way we live every day.

On March 27, the Champlain Cardiovascular Disease Prevention Network (CCPN) will be launching a campaign called *Know More Do More*.

The campaign is a result of a CCPN study to help understand the factor behind the increase in obesity among children.

The study, which surveyed 1,940

parents and caregivers in the Champlain region, provides a profile of the activity and eating habits of school-aged children. The study concluded that most parents in the region think their children are at a healthy weight and are physically active on a regular basis.

But this is in stark contrast to the findings of national organizations such as Statistics Canada whose research clearly indicates that many children are not meeting the recommended guidelines for physical activity and healthy eating.

The goal of the *Know More Do More* campaign is to close the knowledge gap and inspire parents to commit to simple changes to create new, healthier habits that will last a lifetime.

As parents, there are many things we can do to influence the health of our families; like encouraging our kids to take the stairs, trading des-

sert for a piece of fruit, cutting out soft drinks, going for a walk after dinner and reducing screen time.

The campaign launch will be taking place in the Dovercourt Recreation Centre lobby at 1 p.m. on Saturday, March 27.

Please join me, along with area health professionals and other members of the community, to talk about easy ways to incorporate physical activity into our lives and how to improve our health and eating habits. Share healthy snacks and sign up for the Know More Do More Challenge (there will be prizes!).

I'll be taking the challenge too. You'll be able to follow my family's progress on my blog at [www.quiet-fish.com/notebook](http://www.quiet-fish.com/notebook).

The *Know More Do More* Web site will be launching the week of the March 22. For more information visit [www.knowmore-domore.ca](http://www.knowmore-domore.ca).

### CATCH-UP

*Continued from page 6*  
Road on April 1. A boutique store based in Montreal, Beige offers furniture, lighting, wall decor, tableware, bedding, bath products and full interior design. For more information, visit [www.beigestyle.com](http://www.beigestyle.com).

Istanbuli Shawarma House will be closing its

location at 1435 Wellington Street this month. The food shop has already opened a new location at 81 Holland Avenue.

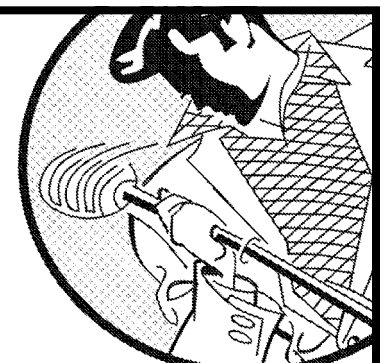
### Correction

The 'Sketches of Our Past' about St. George's home (February 18, 2010 p. 13) states that the red brick building illustrated

was built in 1895. Although the Catholic Immigration Association arrived in Ottawa in 1895 and purchased this land on Wellington Street in 1896 from Letitia A. Little, they occupied the house that was already on the lot until at least 1912. The present building is shown on the Fire

Insurance Plan of 1912 as 'under construction'. The original house still survives behind the Home and is used as the office of The Queen of the Most Holy Rosary Church.

Linda Hoad  
Heritage Committee  
Hintonburg  
Community Association



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