



A fun, free healthy living app for families

Aim2Be is a fun, free healthy living app for Canadian families that works for those who actively use it. One small step at a time, families work together to level up to a healthier and happier life. There's an app for parents and an app for kids 10+ years. Reach out to the families in your circles and tell them about Aim2Be. Details at aim2be.ca including flyers you can [download](#) and distribute to families. Check out Aim2Be in the App Store or Google Play. It's available in French too.

We worked with an expert team of dietitians, physical activity experts, psychologists, and academics to create and review the content. Reputable organizations, like Heart & Stroke, Diabetes Canada, Obesity Canada, Dietitians of Canada, and the Canadian Society for Exercise Physiology collaborated with us to bring Canadians a trusted product. Aim2Be was developed, tested and optimized with funding, in part, from the Public Health Agency of Canada. Details at aim2be.ca/resources



Develop healthier lifestyle habits with Generation Health

Generation Health is a fun, interactive and FREE family program for families with children aged 8 to 12-years-old who want to be on a healthy weight and healthy lifestyle path. Generation Health has been delivering programs virtually for the past year and has continued to support families to develop healthier lifestyle habits throughout the pandemic. The new virtual delivery format has meant that we've been able to offer programming to families across B.C., no matter where they live.

Generation Health continues to be evaluated by researchers at the University of Victoria and preliminary findings show that families have been highly satisfied with the virtual delivery program. In particular, families have enjoyed the opportunity to participate in virtual cooking classes and Q&A sessions with our Registered Dietitian, as well as virtual Q&A sessions with our Physical Activity Specialist.

Starting this month we will have five programs running virtually throughout BC including four community-based programs in Vancouver, Surrey, Chilliwack and Kelowna and one provincial program open to all B.C. families. Generation Health also offers an asynchronous online program through a web-based portal for families that prefer a self-paced option.

As we look ahead to fall programming the Generation Health team is working with our delivery partners and planning for a variety of scenarios to continue to support families across B.C. For more information on the Generation Health program visit our website at www.generationhealth.ca



Sip Smart! BC

Sip Smart! BC™ is an informative, fun and interactive learning model that provides grade 4-6 students, teachers and parents with relevant information about healthy beverages.

The program teaches children in grades 4-6 about sugary drinks and making healthy drink choices in a fun and effective way. It was designed by teachers, dietitians and other health educators, with plenty of feedback from students. Structured for easy use, it includes handouts, assessment tools and other teacher resources in each lesson as well as a factsheet and booklet for families.

Visit www.sipsmart.ca to view and download all the Sip Smart! BC resources.



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