

Kids are not getting enough exercise

By Matthew Pryde

There is a very good chance that, for the first time in recorded history, the average lifespan of today's kids will be shorter than those of our parents. Why is that? There are two reasons- Lack of exercise and poor eating habits. There are a lot of kids out there, and not only the obese children, that have very unhealthy habits.

The Heart and Stroke Report on the Health of Ontario's Kids found that kids aren't eating enough fruit and veggies, are eating too much junk food, and are not active enough. Considering Nova Scotia has higher inactivity levels and obesity rates than Ontarians, that is not good news. The greater risk of high blood pressure, type 2 diabetes and heart disease could lead to heart attacks in high school! Unheard of 15 years ago.

According to the PACY study done with Nova Scotia children in 2005, less than 1% of Grade 11 girls are getting enough physical activity to be healthy. Let's not pick on girls alone though. Only about 9% of Grade 11 boys met the requirements! Boys and Girls in grade 3 both scored over 90% but then dropped off to about 45% and 23% respectively in Grade 7! Something is happening here. Why do our kids know how to play when they are young and then forget as they get older? Why are active lifestyles not being encouraged as the norm throughout childhood to make it part of their daily routine as they become older?

Costs are often a barrier to healthy eating and physical activity. Think of this though, next time you are grocery shopping. A bag of apples costs about \$3-4. A large bag of chips costs the same. 12-15 apples per bag or 4 servings of chips per bag; if you're able to ration. What is actually more cost effective? As far as an apple not going far, spend a week eating healthy and you will quickly discover the difference between needs and wants.

Concerning physical activity, there is a huge misconception that exercise costs money. People think that they need to play sports or join a gym. This cannot be further from the truth. If your kids live close to school, get them to walk or bike there. If you're dropping them off, then park a few blocks away so they will walk the rest. Don't let them watch TV or play in the computer for an hour a night and encourage them to go outside. Be active with them. Toss a ball in the back yard. Go for a hike. Be more than accommodating for them if they are looking to do something active with their friends and less accommodating if they are just meeting up to play video games.

There are lots of ways to help your kids' live healthy lifestyles. Think about what your parents did for you and life before the internet. How did you play?

Matt Pryde is Fundy Active Communities Coordinator and can be reached at: Matthew.pryde@gov.ns.ca

MUNICIPALITY OF COLCHESTER



Grants to Non Profit Organizations

The Municipality of the County of Colchester will be accepting applications from Registered Non Profit Organizations for consideration of disbursement of grant monies in the 2010/2011 operating budget.

Potential applicants are urged to obtain information on the criteria and application forms for these grants by contacting Colchester Recreation at 897-3155. The policy and application forms are also available online at www.colchester.ca/rec-grants.

Deadline for receipt of application is January 31, 2010.

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JANUARY 2010

Geldart, Howard Allison – 79, Debert. It is with great sadness we announce the passing of our beloved husband, father, grandfather and friend at his home on Tuesday, Oct 13 after a brave and courageous battle with cancer. His family and loyal dog, Molly, were by his side. A lifetime resident of Debert, Howard was the youngest son of the late Altie and Helen Geldart. A heavy equipment operator his entire career, Howard worked at Tidewater Construction, Scot Truck and later ran his own business, H.A. Geldart Backhoe, until his retirement. Howard enjoyed camping and traveling with his family and friends, as well as meeting new people. He had a zest for fixing things, being in his garage and socializing over morning coffee with his friends. Howard is survived by his loving wife of 55 years, Elva; children Bob (Gayle), Ellershouse; Shelley (Gordon) Hannam, Debert; and Scott (Janet), Debert; his grandchildren Robin Hannam, Alisha (Josh) Johnson, Hana, Emma and Lukas Geldart, who were his pride and joy; sister Marilyn MacLean, Maine. He was preceded by his brothers, Rettie and Frank and two sisters in infancy. Howard's quick wit and humor will be sadly missed by all of his family and friends. The family wishes to express a heart felt thank you to Dr. David Henderson and Lisa Wilson, Palliative Care, as well as the VON nurses for the exceptional care they provided to Howard. Visitation will be held at Debert United Church from 2-4 pm and 7-9 pm on Friday, October 16, a memorial service will be held at 11am on Saturday, October 17, also at Debert United Church. Family flowers only. In lieu of flowers, donations can be made to Palliative Care, VON or Debert United Church.

BONNELL, Shirley (Beal) - The Bonnell family sadly announces the passing of their amazing Mother, Shirley, on Monday evening, November 23, 2009, at home with family at her side. Shirley was predeceased by her husband, Laurie; grandson, Frank Mellish; sisters, Betty Taylor and Christina Bennett; niece, Rita Morrissey; parents, Albert and Alice (Stevenson) Beal. She is survived by her 10 children, Fred (Anne Marie), Edmonton; Frank (Janice), Bible Hill; John (Caren), Bible Hill; Dick, Truro; Laurie (Danette), Truro; Billy (Cathy), Bible Hill; Susan (Hallie) Hamilton, Middle Stewiacke; Leah (Steve) Beirnes, Edmonton; Mary (Matthew) Teed, Masstown; Christina Bonnell (Darren Harrison), East Mountain. She is also survived by her brother, Toby Beal, Five Islands; several nieces and nephews; 19 great grandchildren; 19 much loved grandchildren, namely Steve Arsenault who she considered to be her 11th child. Funeral service and reception was held 2 pm Friday, November 27, 2009, in Mattatall ~ Varner Funeral Home, 55 Young Street, Truro, The Reverend Lori Ramsey and Reverend Don MacQueen officiated. Private family interment was held in Terrace Hill Cemetery. The full obituary can be viewed and private messages of condolence may be sent to the family by visiting: www.mattatallvarnerfh.com

HUGHES, Percy Grant - It is with heavy hearts to share the peaceful passing of Percy Hughes, 79, of North River, on Wednesday, December 2, 2009 at the Colchester Regional Hospital Truro, with family members by his side. Born in Harmony, he was a son of the late Percy and Minnie (Leamont) Hughes. He was the long time husband of over 50 years to the late Margaret Peggy Nolan; father of his late daughter, Tracy Crocker; also predeceased by brothers, William and Charlie Hughes. Leaving behind is his best friend and grandson, Ryan; granddaughter, Kayla; son-in-law, David Crocker; close niece, Cindy Cavanagh; nephew, Jamie Hughes. A graveside service and interment was held 1pm Friday, December 4, in the Folly Village Cemetery, Glenholme, Rev. Don MacQueen officiated. The full obituary can be viewed and private messages of condolence may be sent to the family by visiting: www.mattatallvarnerfh.com

MUNRO, Elizabeth Dawn Beth (Taylor) - 47, Harmony, Colchester County, passed away peacefully, surrounded by her loving family, Wednesday, December 2, 2009, at Colchester Regional Hospital, Truro. Born January 12, 1962 in Truro, she was a daughter of Roy and Joan (Thompson) Taylor, Truro. Along with her parents, Beth is survived by her loving husband of 29 years, Larry Alan Munro; daughter, Cheryl Ann (James McLeod), Truro; son, Charles William Alan, Bible Hill (Stephanie Harvey, Valley); brothers, Shawn Taylor (Shelly Vincent), Debert; Brian (Elizabeth) Taylor, Kentville; brother-in-law, David Crocker, North River; several aunts, uncles, nieces, nephews, cousins and friends. She was predeceased by her sister, Tracy Crocker; brother, Barry Taylor. Funeral service was held 2 pm Monday, December 7, 2009, Reverend Sue King-Darby officiated. Interment was held in Harmony Cemetery. The full obituary can be viewed and private messages of condolence may be sent to the family by visiting: www.mattatallvarnerfh.com

KREGER, Myrtle Lillian - 98, Great Village, passed away peacefully, surrounded by loved ones, on Wednesday evening, December 2, 2009, at home. Born April 24, 1911, in East Village, she was a daughter of the late William and Elizabeth (Higgins) Smith. Myrtle is survived by her brother, Kenneth Smith, Great Village; special friend, Alice Fulton; several nieces and nephews. She was predeceased by her husband, Oscar Edward Kregar; sisters, Mildred Wallace, Margaret Kyle-Spencer, Florence Hoyt; brother, Gordon Smith. Funeral service was held 2 pm Saturday, December 5, 2009, in Faith Baptist Church, 38 Station Road, Great Village, Pastor Steve Adams officiated. Interment was held in Mahon Cemetery, Great Village. The full obituary can be viewed and private messages of condolence may be sent to the family by visiting: www.mattatallvarnerfh.com

BROWN, Muriel Frances, 86, Truro, passed away peacefully Wednesday, December 9, 2009, in the Colchester Regional Hospital, Truro. Born in Folly Lake, she was a daughter of the late Harold Blair (Bishop) and Annie Gertrude (Withrow) Geddes. She is survived by sister, Hildred Strinholm, Melford, Sask; brother, Willard Geddes, Halifax; several nieces and nephews. She was predeceased by her husband, Robert Laurier Brown; sisters, Hazel, Dorothy, Bertha, Nellie, Jean; brother, Harold. Funeral service was held 4pm Friday, December 11, 2009, Pastor Cory Somers officiated, assisted by Pastor Kaj Binderup in Mattatall ~ Varner Funeral Home, 55 Young Street, Truro. Interment will be held at a later date in the Folly Mountain Cemetery. The full obituary can be viewed and private messages of condolence may be sent to the family by visiting: www.mattatallvarnerfh.com

GAMBLE, Walter Elmer, 79, of Masstown, NS, formerly of Tryon, PEI, passed away Friday, December 11th, 2009, in East Cumberland Lodge, Pugwash. Born in Tryon, he was the son of the late Elmer and Lila Gamble. He is survived by his wife, Verna; sons, Brian (Judy), Chris (Sharon); two grandchildren, Opal and Jason; stepchildren, Leanne (Clifford O'Laughlin), Brent (Cathy Mosher), Karen (Collin Stensaker), Cynthia Smith, Donald Smith, Douglas (Jina Mosher), Shelley (Curtis Driscoll). He was predeceased by his first wife, Ann Philipson; sisters, Mary and Bee. Funeral service was held Tuesday, December 15, at 1 p.m. in Dawson's Funeral Home, Crapaud PEI., Rev. Annette Wells officiated. The full obituary can be viewed and private messages of condolence may be sent to the family by visiting: www.mattatallvarnerfh.com

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