

Key Messages of the Janeway Lifestyle Program

Be Active

1. Sitting for prolonged periods of time and excessive amounts of screen time can negatively affect health.
2. Fitness is a stronger predictor of health than weight.
3. Children need active play and physical activity daily to become active for life.

Feel Good

1. Children learn more from what you do than what you say
2. Try to find time each day to relax and take care of yourself. Too much stress can hurt your health.
3. Choose goals that feel right for you and your family

Live Healthy

1. Health is influenced by many things, including genetics & family history, biology, where we live, and lifestyle factors (like sleep, nutrition, and physical activity)
2. Lifestyle behaviours have a much greater impact on health than weight. Health can come in many body sizes!

Eat Well

1. Drink water for thirst. Water is important for your body and sugary drinks can negatively affect your health.
2. Eat vegetables and fruits with meals and snacks everyday. Fresh, frozen and canned are all options.
3. Eat fibre everyday. Choose whole grains, vegetables, fruits, peas, beans, lentils, nuts and seeds. Fibre has a positive effect on your health.



Umennu Aimunu Uapimutat ne Janeway Lifestyle Kaishinikatet Program

Aiatshik^u

1. Epit auen minekash kie eka aiatshit mak epishtak minekash kampute kie iat katatatshipitikanit apu minushkakut auen uiat.
2. E aiatshit auen uitshiku tshetshi minuenniut kie iat peikuan emishtit auen. Tshi minueniun etatu aiatshin.
3. Auassat anu minuau tshetshi metuet kie tshetshi aiatshit usham tshika uitshikut nete mishishtitau.

Minuenimun

1. Etatu auassat tutamut tshekuannu uiatak mak eka pietak. Tshin tshekuan etutaman tutam auass mak eka essishuein.
2. Utina tipeikan tshetshi aiashteshkushin kie tshetshi nakatuenimatishuin. Mishta mamitunenitaman tshika akushin.
3. Tutamuk tshekuan menuat tshin kie tshituassimit kie peikuan tshikanishat.

Minueinniu

1. Minuenniun kassinu eishinakun miam mate kaishiakushit tshikanishit kie anite uetshiak^u kie eshiniuiak^u (miam mate enipat, eshi mitshishut kie e aiatshit auen)
2. Ne eshi inniuiak^u tshitshue ekuan tshika uitshikunan tshetshi minuenuiak^u etatu mak eka eshpishtat auen. Tshipa tshi iat mishatu auen kie tshetshi iat minuenniu.

Minu-mitshishu

1. Nipi tshipa min nipakuein. Nipi etatu minuau tshetshi minin mak eka ekashiuashiut tshekuan. Etatu nipi minuau tshiat tshetshi minin.
2. Kanitautshitakanit mitshim minuau tshetshi mitshiek^u eshikum tshishik^u mak iat minish. Peikun iat nekanissa katiuk kanitautshitakanit mitshim kie kamishkutshitakaniti minish minuau tshetshi mitshin.
3. Takuan anite tshekuan eminuat anite uapikunit kie anite mitshim kanitautshitakanit ekuan ne nanitam tshipa ui mitshin. Miam mate kakashteushit pakueshikan, minish, kie shaiut. Mishta minuau tshetshi ne mitshiek^u (fibre) kaishinikatet.

