

Healthy, Active Living

La vie active saine

Books / livres

Better baby food: your essential guide to nutrition, feeding & cooking for all babies & toddlers / Kalnins, Daina.

Toronto: Robert Rose, 2008.

FAM RJ 206 .K34 2008

Helps parents decide what nutritious and healthy food to feed their toddlers.

The body image workbook for teens: activities to help girls develop a healthy body image in an image-obsessed world / Taylor, Julia V.

Oakland, CA: Instant Help Books, 2014.

FAM BF 723 .S3 T29 2014

In this workbook the reader will find practical exercises and tips that address the most common factors that can lead to negative body image, including: comparison, negative self-talk, unrealistic media images, societal and family pressures, perfectionism, toxic friendships, and a fear of disappointing others. They will also learn powerful coping strategies to deal with the daily, intense pressures of being a teenage girl.

Body respect: what conventional health books get wrong, leave out, and just plain fail to understand about weight / Bacon, Linda.

Dallas: BenBella Books, 2014.

FAM RA 783 .B11 2014

This book debunks common myths about weight, including the misconceptions that BMI can accurately measure health and that dieting will improve health. It's time to overcome our culture's shame and distress about weight, to get real about inequalities and health, and to show every body respect.

Eating mindfully for teens: a workbook to help you make healthy choices, end emotional eating and feel great / Albers, Susan.

Oakland, CA: Instant Help Books, 2018.

FAM RJ 206 .A62 2018

This book will show how to deal with the day-to-day challenges of making healthy decisions about food. Instead of resorting to fad diets, learn how to avoid overeating in the first place, be more aware of your body, and really enjoy meals, instead of just popping food in your mouth without thinking.

Embracing rough-and-tumble play: teaching with the body in mind / Huber, Mike.

St. Paul, MN: Redleaf Press, 2017.

FAM RA 723 .H83 2017

This practical, hands-on resource encourages you to incorporate boisterous physical play into every day and offers concrete advice on how to create spaces for safe play, how to effectively work big body movement into children's daily schedule, and how to use physical play to make teaching practice more dynamic and effective.

L'estime de soi de nos adolescents: guide pratique a l'intention des parents / Duclos, Germaine.

Montréal: Éditions du CHU Saint-Justine, 2016.

FAM BF 723 .S3 D38 2015

Dans cette livre, l'auteur discute comment faire vivre un sentiment de confiance aux jeunes, comment les aider à se connaître, comment leur apprendre à coopérer et, enfin, comment les guider dans la découverte de stratégies qui mènent au succès.

The family table: recipes and strategies for the challenge / Breton, Marie.

Markham, ON: Fitzhenry & Whiteside, 2007.

FAM RJ 206 .B313 2008

This book offers over 100 recipes designed not only to get kids gathered around the dinner table, but also to get them helping out in meal prep.

Fit kids: a practical guide to raising healthy and active children from birth to teens / Gavin, Mary.

Toronto: DK Ltd. 2004.

FAM RJ 133 .G38 2004

A parent's guide to promoting fitness in children discusses the principles of good nutrition, exercise, and overall well-being, presenting an easy to follow program to help children overcome the challenges of a twenty-first-century sedentary lifestyle, develop good eating and health habits, and understand the benefits of physical activity.

Food and fitness matter: raising healthy, active kids [DVD]

California: Parents' Action for children, 2006.

FAM RJ 133 .F57 2006

This DVD features health and nutrition experts, including former U.S. Surgeon General Dr. David Satcher and celebrity TV chef Jamie Oliver, who explain the causes and consequences of childhood obesity, and present practical ways parents can improve diet and physical fitness in their homes, schools and communities.

I'm OK!: building resilience through physical play / Green, Jarrod.

St. Paul, MN: Redleaf Press, 2017.

FAM RA 783 .G76 2017

Children must learn to pick themselves up, brush themselves off, and bounce back. How do you allow for the physicality required to build resilience when you are tasked with children's safety? This guide provides the tools and strategies for creating a culture of resilience, including families in the process, and keeping safety front of mind.

Last child in the woods: saving our children from nature-deficit disorder / Louv, Richard.

Chapel Hill, NC: Algonquin Books of Chapel Hill, 2008.

FAM RA 783 .L68 2008

Nature-deficit disorder is not a medical condition; it is a description of the human costs of alienation from nature. This alienation damages children and shapes adults, families, and communities. There are solutions, though, and they're right in our own backyard.

Living the good life: your guide to health and success / Patchell-Evans, David.

Toronto: ECW Press, 2006.

FAM RA 776 .P374 2003

Designed as a comprehensive guide to good health, practical tips are offered on motivation as well as exercise and healthy eating habits.

Mealtime solutions for your baby, toddler and preschooler: the ultimate no-worry approach for each age and stage / Douglas, Ann.

Mississauga, ON: John Wiley & Sons, Ltd., 2006.

FAM RJ 206 .D68 2006

Featuring real world solutions, this reassuring guide gives you information on: getting your child off to a healthy start nutrition-wise, introducing first foods the step by step no worry way, serving up toddler and preschooler-friendly meals and snacks, dining in and dining out, coping with picky eaters and nourishing sick kids.

Raising a healthy, happy eater: a parent's handbook: a stage-by-stage guide to setting your child on the path to adventurous eating.

New York, NY: The Experiment, 2015.

FAM RJ 206 .F47 2015

The right start on a child's food journey is necessary for good health, motor skills, and even cognitive and emotional development. This book will show you how to expand your family's food horizons, avoid the picky eater trap, identify special feeding needs, and put joy back into mealtimes.

The real sexy smart and strong: 30 tips to boost confidence, get fit and feel great, inside and out / Patchell-Evans, David.

Mississauga, ON: Wiley, 2009.

FAM RA 776.75 .P375 2009

With this book, you will learn how to experience high levels of vital energy, become smarter and stronger, and make the very best of your body. You want to get started with something new and make positive changes in your life, but where to begin? You will learn how to choose a gym, how to navigate the early days of starting your exercise routine, and what pitfalls to watch out for.

Running: start to finish / Stanton, John.

Edmonton: Lone Pine Pub., 1999.

FAM RA 781 .S72 1999

Highly acclaimed for its content and design, this running guide is a great resource for all runners. It includes everything you need to start a running program plus plenty to keep you running for years to come. Topics include training programs, nutrition, weight training, injuries, stretching, cross-training, marathons and more.

A table en famille: recettes et stratégies pour relever le défi / Breton, Marie.

Québec: Flammarion, 2006.

FAM RJ 206 .B3 2006

Le livre aborde d'un point de vue instructif et pratique des sujets cruciaux: l'importance de développer un bon rapport avec la nourriture dès la petite enfance et le rôle des repas en famille dans ce processus; une solution pour que les repas ne soient plus une source de conflit: le principe du partage des responsabilités et le parent décide quoi, comment et quand, l'enfant décide combien.

A table, les enfants: recettes et stratégies pour bien nourrir son enfant de 9 mois à 5 ans / Breton, Marie.

Québec: Flammarion, 2002.

FAM RJ 206 .B74 2002

Cet ouvrage présente des stratégies et des recettes pour bien nourrir son enfant de 9 mois à 5 ans et lui donner des habitudes alimentaires dont il bénéficiera toute la vie. Un incontournable tant pour les parents, les éducateurs et les professionnels de la santé.

Understanding getting active / deLoache, Shawn; Quigley, Columba.

New York: Medikidz USA, Inc., 2018.

FAM RA 783 .Q54 2018

In graphic novel format, the Medikidz, superheroes from the planet Mediland, help the reader and Jenna understand the importance of being active.

Les vérités qui dé-mangent: les coups de gueule d'une nutritionniste engagée / de Reynal, Béatrice.

Paris: Librairie Vuibert, 2008.

FAM RJ 206 .D47 2008

Abondance et qualité alimentaire n'ont jamais été aussi bonnes. Monde moderne oblige, jamais non plus le consommateur ne s'est autant soucie de ses menus et de sa santé nutritionnelle. Les marketeurs traditionnels l'ont bien compris et rivalisent d'invention pour faire croire au produit miracle au consommateur. Des conseils pour devenir un consommateur averti en décodant les étiquettes.

Viens jouer dehors!: pour le plaisir et la santé / Ferland, Francine.

Montréal: Éditions du CHU Sainte-Justine, 2012.

FAM RA 783 .F59 2012

Les statistiques le confirment: les enfants sont plus sédentaires qu'avant. Des changements familiaux, sociaux et technologiques font en sorte qu'ils ont perdu l'habitude, ou qu'on ne leur laisse plus le temps, de jouer spontanément dehors, seuls, en groupe ou en famille, autour de la maison, au parc, ou dans d'autres endroits verts, quand ils sont accessibles. En servant de modèles aux jeunes, les parents contribuent activement à leur faire découvrir le plaisir de jouer dehors.

Walking and light running / Bos, Klaus.

New York: Barnes & Noble, 2004.

FAM RA 781.65 B67 2004

This book will help you stay on track by developing a routine that you can easily stick to, no matter the weather or how busy your schedule.

Walking for weight loss / Knight, Lucy.

Heatherton, VIC, Australia: Hinkler Books, 2007.

FAM RA 781.65 .K54 2007

This title shows you how to set yourself realistic goals, how to assess how hard you are working and how to try out different styles of walking while also providing you with an eating plan.

Websites / sites internet

Participation

<http://www.participation.com>

Healthy Habits – Sesame Street

<https://www.sesamestreet.org/toolkits/healthyhabits>

Food and Nutrition - Health Canada

Aliments et nutrition - Santé Canada

<http://www.hc-sc.gc.ca/fn-an/index-eng.php>

Unlock Food

Découvrez les aliments

<https://www.unlockfood.ca>

Dietitians of Canada

Les diététistes du Canada

<http://www.dietitians.ca/>

Healthy Living - Public Health Agency of Canada

Modes de vie sains - Agence de la santé publique du Canada

<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/index-eng.php>

Physical Activity for Children and Youth - Caring for Kids

L'activité physique chez les enfants et les adolescents - Soins de nos enfants

http://www.caringforkids.cps.ca/handouts/physical_activity

Heart Healthy Activity – Heart and Stroke Foundation

Jeunes cœurs en forme – Fondation des maladies du Cœur et de l' AVC

<http://www.heartandstroke.ca/get-healthy/healthy-kids/heart-healthy-activity>

Canadian 24 Hour Movement Guidelines – CSEP**Directives canadiennes en matière de mouvement sur 24 heures – CSEP**

<https://csepguidelines.ca/>

YouTube**Free Play – CHEO videos**

<https://www.youtube.com/watch?v=f26E6lj1Ej0>

Apps**Push2Play – Active Games for Kids**

Saskatchewan Blue Cross

English

Free

Last updated April 2017

From iTunes: The app rewards active play and is full of fun tips for simple, unstructured outdoor play (or indoor play if it's that kind of day).

Available from [iTunes](#)

Disclaimer / avertissement

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If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

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Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.

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