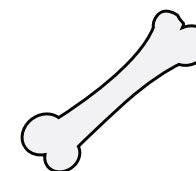
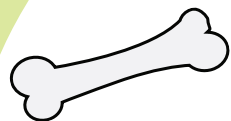


Take a brain break with your students.

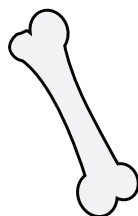
Sip & Skip is a brain break that can help build strong bones!

Sip & Skip is a challenge for children in grades 3 and 4 designed to create awareness of “bone-friendly” habits. Students keep track of calcium intake and physical activity during the challenge while working in groups to earn a complete skeleton.



Brain Breaks Help Children

- focus
- become alert and ready for learning
- improve concentration
- improve coordination
- process information by increasing blood supply to the brain



Sip & Skip is:

- Fun
 - Educational
 - Easy to use
 - Free
- ... and it doesn't take much time!

Bone Break Info

Almost all of our bone tissue is built during childhood and adolescence. Building strong bones during these years appears to be one of the best ways to decrease the risk of osteoporotic fractures later in life.



Contact Osteoporosis Canada,
Manitoba Chapter at 772-3498 or
Manitoba@osteoporosis.ca to get your kit!