

McGill, Moovjam instill healthy lifestyle at North Star Academy

By Robert Frank
The Suburban

Exercise and nutrition have been a part of North Star Academy Laval (NSAL) daily routine since the start of the school year.

"We work with Moovjam, a brain science based lifestyle program that develops a happier, healthier and more engaged student culture," said NSAL admissions secretary Paola el Khouri.

"It's part of our curriculum," she explained. "Every day our students participate in Moovjam activities. Normally they keep a daily record what they have eaten and their physical activity." "The kids love it," she smiled. The private high school, which espouses traditional values, invited experts from www.moovjam.com and McGill University to visit the school, Feb. 13, to run five 20-minute workshops.

"Each class was divided into groups and spent half the time on exercise and the other half working on nutrition," added mathematics and science teacher Fabio Cinquemani.

"They used a stethoscope to measure their own resting heart rate, skipped rope for about a minute, then again measured



More than 100 North Star Academy Laval students learned the value of exercise and nutrition, Feb 13.

their heart rate," he recounted.

"The nutrition portion dwelt on portion sizes and acquainted the students with the different food groups from the Canada Food Guide."

"More than 100 of our students took

part," he concluded. "They were energetic and excited to get the opportunity to skip rope, and expressed genuine interest in the nutrition portion of the workshop."

Moovjam was founded by Montreal social worker and neuropsychology researcher

Laurie Bryna. Bryna who herself overcame a battle with obesity, went on to develop Moovjam as a brain-science based method to foster healthy living. Her model can be applied to family, school, community and corporate settings. ■

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it can lead to tension in the rest of the body. In fact, a large number of people suffering from pain in the ankles, knees, hips and back are not aware the source of their pain might be their feet. Heel pain felt in the morning or an inability to remain standing for extended periods of time, are some of the symptoms that should not be neglected. It is also a good idea to consult a podiatrist for a child who has a tendency to trip, who has feet that are turned inwards or who tires himself out easily when he walks.

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