

HEALTHY LIVING FOR CHILDREN AND FAMILIES

Let's Go! (www.letsgo.org) has a program for raising healthy kids based on four easy guidelines called "5-2-1-0."

- 5 Eat at least five fruits and vegetables a day—more is better!
- 2 Cut down recreational screen time to two hours or less a day (none for those under age two).
- 1 Participate in at least one hour of moderate to vigorous physical activity every day.
- 0 Zero sugar-sweetened drinks. Instead, drink water and three cups of fat-free or low-fat milk for ages 9-18, 2.5 cups ages 4-8, and 2 cups ages 2-3.

For ideas about how to incorporate fruits and vegetables into daily meals, visit the USDA's website at www.choosemyplate.gov.



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