

5-2-1-0

Let's Go!

All in the family can fit in good health with a little effort and imagination. Small steps can make a big difference for little tykes through adolescence.

Start with 5-2-1-0 every day. It's a proven program that encourages families and communities to adopt healthful habits with these 4 daily goals:

5

5 or more fruits and vegetables: Prepare fruits and vegetables so they're ready to grab and eat. Enjoy fresh, frozen or canned. Teach by example: Choose fresh fruit instead of juice and snack on produce.



2

2 hours or less recreational screen time: The American Academy of Pediatrics (AAP) recommends no screen media for children younger than 2, and 2 hours or less per day for children older than 2 years. Turn off the TV, computer and mobile devices. Enforce specific hours for screen time. Keep media devices, including smartphones, out of children's bedrooms. **Note:** Avoid giving children extra screen viewing time as a reward for good behavior.

1

1 hour or more of physical activity every day: Take walks or bike after dinner; learn a sport together; or hike and kayak on weekends. Give children games and toys that promote physical activity.



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0 sugary drinks: Always have water or serve low-fat milk instead of sweet drinks. Eat fruit instead of drinking fruit juice.



Making health a family goal creates a lasting bond — one that builds stronger families and makes health a way of life for years to come.