



Follow the 5-2-1-0 Countdown to Good Health!



Eat at least 5 servings of fruits & vegetables a day.

- ✓ Eat a fruit or vegetable at every meal.
- ✓ Eat a healthy breakfast everyday (add fruit to your cereal).



Limit TV & other screen time to 2 hrs. or less daily.

- ✓ Keep the TV out of your bedroom.
- ✓ Turn off the TV and enjoy a family meal together.



Participate in at least 1 hour or more of physical activity every day.

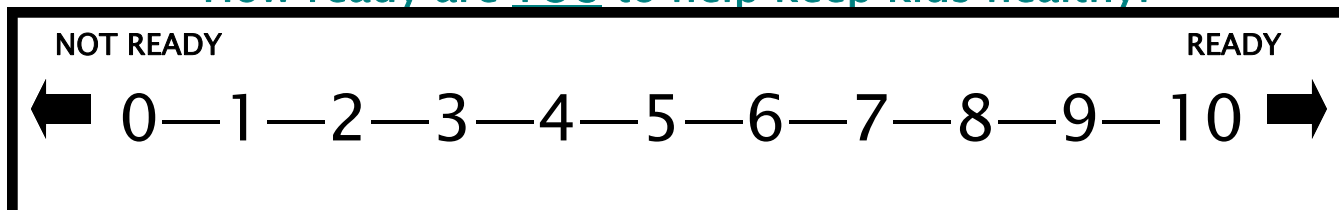
- ✓ Play outside every day.
- ✓ Take a family walk after dinner.



Avoid soda & sugar-sweetened drinks.

- ✓ Limit fruit juice to half cup or less per day.
- ✓ Instead, encourage water & 2-4 servings of fat free milk.

How ready are YOU to help keep kids healthy?



What would make me more ready?

What might my next steps be?

What is my plan?

Your business tag line here.

Organization

Do you know your BMI (Body Mass Index)?

If not ask your provider.

Knowing your BMI may help you and your family maintain a healthy and balanced lifestyle.