5-2-1-Almost None

Staying Healthy, by the Numbers

Every day:

Eat 5 or more servings of fruits and vegetables.
Go for a rainbow. Different colors = lots of vitamins and minerals.

Spend less than 2 hours on the computer or watching TV.
Less time in front of a screen = more time to be active and have fun.

Be active for at least 1 hour.
It doesn’t have to be all at once:

20 MINUTES RIDING A BIKE + 20 MINUTES SHOOTING HOOPS + 10 MINUTES PLAYING IN A POOL + 10 MINUTES WALKING THE DOG = 60 MINUTES OF ACTIVITY!

Skip sugary drinks.
Most soda, juice drinks, and sports drinks have lots of sugar in them. Water and milk = healthy choices.