5-2-1-Almost None

Staying Healthy, by the Numbers

5

Every day:

Eat 5 or more servings of fruits and vegetables.

Go for a rainbow. Different colors = lots of vitamins and minerals.

2

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.

1

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!

almost none

Skip sugary drinks.

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

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