



Eat right. Be active. Get healthy.

In today's world, eating right and being physically active can be a challenge for kids of even the most health-conscious families. 5-2-1-0 is an easy way to remember some basic health tips that are good for every member of your family.

### Follow these numbers to better health!

- 5** Eat at least five servings of fruits and vegetables a day.
- 2** Limit TV and computer use (not related to school) to two hours or less a day.
- 1** Get one hour or more of physical activity every day.
- 0** Drink less sugar. Try water and low fat milk instead of soda and drinks with lots of sugar.

To learn more, visit  
[www.lets-go.org](http://www.lets-go.org)

