



Every Day!

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



www.letsgo.org

This message is brought to you by the Founding Partners of Let's Go!:

Anthem Blue Cross and Blue Shield Foundation, Hannaford Bros. Co., Maine Medical Center, MaineHealth, TD Charitable Foundation, United Way of Greater Portland, and Unum.

This message is also funded in part by Harvard Pilgrim Health Care Foundation, The Mattina R. Proctor Foundation and The Barbara Bush Children's Hospital at Maine Medical Center.