



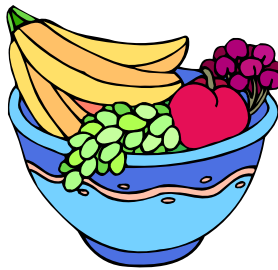
Eat right. Be active. Get healthy.

LET'S GO! TAKES 5210 TO SCHOOL

Role Model...it's as easy as 5-2-1-0

Eat 5 fruits & vegetables each day

- Try new fruits & vegetables with your family
- Reach for fruits & vegetables when it's snack time



Cut screen time to 2 hours or less per day

- Limit yourself to two hours of screen time daily
- Turn off the TV and encourage the family to spend time together



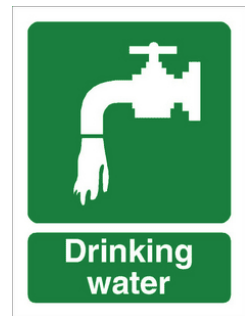
Participate in one hour or more of physical activity daily

- Fit physical activity into your day before or after work
- Get a workout by playing with your kids



Drink water and low-fat milk instead of soda and sugar-sweetened drinks

- Have a pitcher of water or milk on the table at all family meals
- Give each family member a water bottle to take to school or work



Tips to make it easy:

- You are your child's number one role model, so start practicing the healthy habits you encourage your child to practice
- Start by making small changes
- Encourage the whole family to embrace a healthy lifestyle

For more information, visit www.letsgo.org

