

Live 54321+10[®]

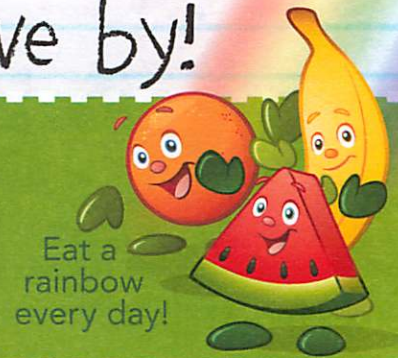
It takes just a few small steps each day for kids to stay healthy...

Numbers to live by!



Fruits and veggies are colorful, taste great, and do good things for your body.

5 servings fruits & vegetables



4 glasses water

Choose water, low-fat milk, or 100% juice when you're thirsty instead of sugary drinks.



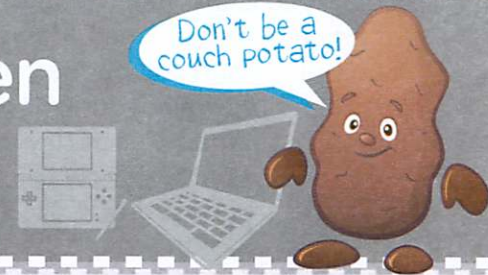
3 good laughs

Share a funny story or joke with a friend. Laughing and giggling adds to your happiness.



Turn off the TV and step away from the computer. Read a book, play a game, or spend time outside.

2 hours or less screen time



1 hour physical activity



Jump, skip, run, dance, swim, skate... move your body 1 hour every day.

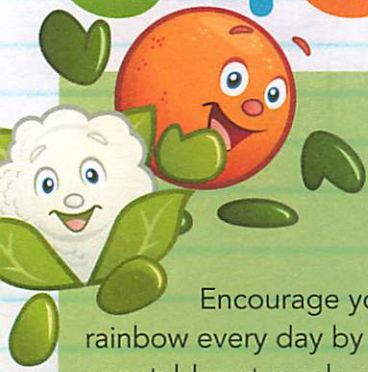
Get plenty of sleep each night to be ready for school and play!

+10 hours or more sleep



54321+10[®] Count down to your child's health

Numbers to live by each day!



Eat **5** fruits and vegetables

Encourage your child to eat a rainbow every day by offering fruits and vegetables at meals and snacks. You can help them get 5 or more servings a day by:

- Letting kids select and help prepare fruits and veggies.
- Keeping fruits and veggies visible on the counter and stocking the fridge with pre-cut produce in a clear container for easy snacking.
- Incorporating fruits and veggies into favorite meals like pancakes, oatmeal, pasta dishes, tacos, and sandwiches.



Drink **4** glasses of water

Help your child make healthy beverage choices by offering water and low-fat or fat-free milk when they're thirsty. Consider limiting your purchases of sugary drinks like sodas and fruit-flavored drinks to encourage healthier choices.

Have **3** good laughs with friends

Laughter and time spent together as a family promotes positive mental and good self-esteem. Cultivate a sense of joy and happiness by:

- Sharing a joke or funny story with your kids.
- Renting a funny movie to watch as a family.
- Spending time together as a family.

Get **2** hours or less screen time

Screen time is the inactive time spent in front of a screen, big or small. TV, video games, computers, and cell phones all contribute to screen time. Give your kids a screen time allowance of 2 hours each day and help them choose how to best divide up their time.



Get **10** hours of sleep at night

School-aged children need about 10-12 hours of sleep each night. Not enough sleep can cause irritable or hyperactive behavior that may make it difficult to concentrate in school. Promote good sleep habits by:

- Creating a consistent sleep schedule. Have your child go to bed and wake up at about the same time each day.
- Encouraging your child to wind-down before sleep by reading a book, journaling, or listening to calming music.
- Limiting sleep distractions by turning off TVs, computers, MP3 players, and cell phones or keeping them out of your child's bedroom.

Get at least **1** hour of physical activity

Incorporate physical activity into family time and be active together!

- Go for a walk in your neighborhood or park.
- Take a family bike ride.
- Go swimming on a warm day.
- Encourage activity in your daily tasks by taking the stairs instead of the elevator and parking further away from the door.

