



Healthy habits, healthy families

Choose 5210+ Every Day



CookChildren's

Center for Community Health

What is 5210+ Every Day?

5 or more fruits and vegetables

Eating more fruits and vegetables provides important nutrients your body and mind need.

Keep it simple:

- Buy fruits and vegetables that are in season
- Let your child pick out a new fruit or vegetable to try when grocery shopping



2 hours or less of recreational screen time

Reduced time on screens gives you more time for friends, family and sleep.

Ways to unplug from screens:

- Plan family outings, game or movie nights
- Get more exercise, either outside or inside
- Read, journal or try arts and crafts
- Call friends and family to reconnect



Did you know that there are ways to improve your family's health other than eating healthy and being active? By applying the rules of 5210+ Every Day, you can build healthy habits for your body and mind, and teach your children how to live healthy and happy lives.

1 hour or more of physical activity

Exercise helps your body stay flexible and strong.

Ideas to get moving:

- Take the stairs
 - Take a walk with your family
 - Park your car at the back of the parking lot
 - Play with your pet
 - Go on a bike ride
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0 sugary drinks, more water and low-fat milk

Reducing sugary drinks and drinking more water helps keep teeth healthy and your body hydrated. We need six to eight glasses of water a day!

Drink water:

- When you wake up
 - With every meal and snack
 - When exercising
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+ 10-12 hours of sleep every night

Quality sleep is important for the mind to focus and learn. Preschool and school-age children need an average of 10-12 hours of sleep every night.

How to get the best sleep:

- Practice a regular and relaxing bedtime routine
- End screen time an hour before bedtime
- Limit sugar or caffeine before bedtime
- Adjust bedroom light, noise and temperature for comfort

5210+ Every Day encourages families to make healthy lifestyle choices

Special thanks to the Johnson County Alliance for Healthy Kids and the Healthy Children Coalition for Parker County for helping to adapt the program.

Learn how to be healthy.

