

# Healthy Habits are as Simple as 5-2-1-0

Just add these tips into your daily routine!

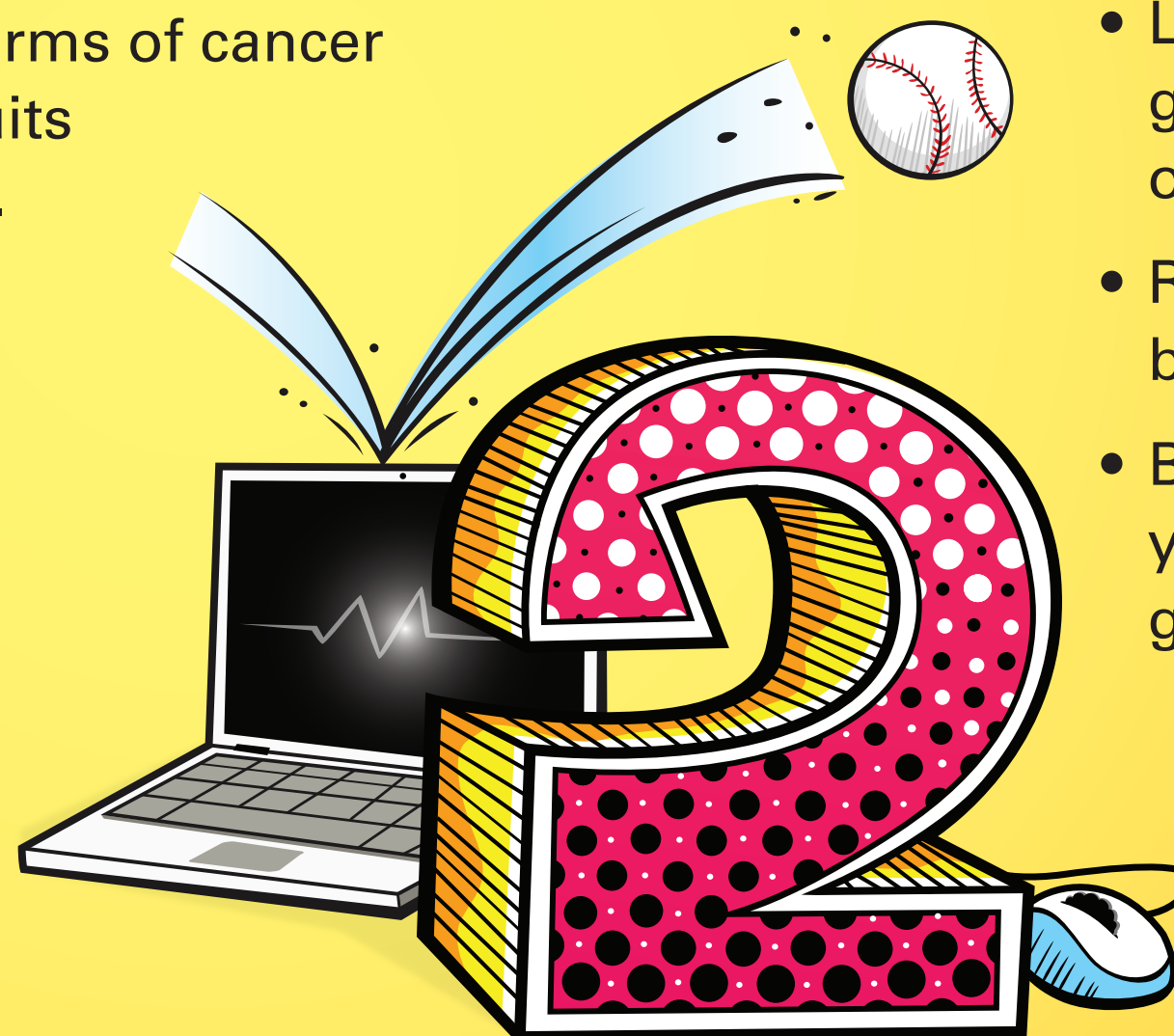


## Eat 5 servings of fruits and veggies every single day.

- Each day, eat at least 5 servings of fruits and vegetables. Use this as an opportunity to try new foods.
- Cook more meals at home with your family.
- Prevent diabetes, heart disease and many forms of cancer by eating fruits and veggies.

## Get at least 1 hour of physical activity.

- Mow the lawn, wash your car or vacuum. You can be physically active when you are doing chores.
- Join a school sports team, outdoor club or take a dance class.
- Take a walk with your friends after school.



## Limit screen time to 2 hours or less.

- Limit screen time (TV, video games, computers) to 2 hours or less per day.
- Remove the TV from your bedroom.
- Be physically active before you watch TV, play video games or use the computer.

## Limit sweetened drinks to 0.

- Avoid sweetened drinks such as soda and sports drinks.
- Drink water between meals because it helps you feel full.
- Add lemons or limes to your water for added flavor.



Get in on the action and talk to your doctor to learn how you can be healthy every day.