

School Health Note - Live 5-2-1-0!



What does 5-2-1-0 mean?

5-2-1-0 is a strategy to help your kids to be healthy. Each number stands for an important healthy habit.

- 5-** Eat five or more vegetables and fruits every day
- 2-** Limit screen time to less than two hours a day
- 1-** Be active for one hour or more every day
- 0-** Drink zero sugary drinks

Why are these habits important?

Each number plays a part in helping your children develop healthy habits. Children who eat well, play actively, limit screen time and avoid sugary drinks are known to have healthier weights and better mental wellbeing. Starting these healthy habits early can set your children up to have healthier bodies now and in the future.

How can you become a 5-2-1-0 family?

- Keep a bowl of fresh fruit on the counter for kids to grab
- Try to include the whole family when cooking meals
- Try to have vegetables and fruit with every meal and snack
- Turn off electronics and enjoy quality family time during meals
- Have books, board games and puzzles on hand to play instead of watching TV
- Teach your child basic sports skills like throwing, running and jumping
- Offer water to your child during the day
- Pack a reusable water bottle in your child's lunch or sports bag

Resources used:

<https://childhoodobesityfoundation.ca/families/simple-steps-families-can-take/>

<https://www.live5210.ca/about-live-5-2-1-0/the-live-5-2-1-0-message/>