

# 5-2-1-0

**5-2-1-0 is the latest campaign adopted by the Marion County Children's Alliance and the MCSB Health, Wellness, and Physical Education Department to promote healthy lifestyles among children. While the message is targeted at children, adults can benefit from the recommendations of the program too.**



- Fruits and vegetables...more matters!
- Strive for at least 5 servings per day...eat fruits/veggies for snacks and at all meals.
- Limit fruit juices as they have extra calories from added sugar.



- Turn the screen off after 2 hours.
- Replace computer and T.V. time with physical activity.
- Tune into dinner...not T.V. Turn the T.V. off when you are eating and enjoy your family!



- Participate in at least 1 hour of physical activity each day.
- Make gradual changes to your routine and find ways to add activity.
- Keep it fun but be consistent. Set aside an hour every day!



- Restrict juices and sports drink that are sweetened with added sugar.
- Drink water and 3-4 glasses of skim milk.
- Skip the soda...it has no nutritional value and contains extra calories and caffeine.