

## September Announcements 6-12

### Live 5-2-1-0!



- Being healthy is important. Following the 5-2-1-0 strategy can help you to develop healthy habits. Each number stands for an important healthy habit.
  - **5** – Eat five or more vegetables and fruits each 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
- Healthy habits start with eating healthy food. Vegetables and fruits are healthy foods that are packed with nutrients that your body needs to grow. Remember to eat five or more vegetables and fruits each day. Try to eat these foods at every meal and snack.
- Exercising is an important healthy habit. We need at least one hour of exercise every day. Have you been active today? Turn off your screen and go for a walk or a bike ride. Try to limit your screen time to less than two hours a day.
- Did you know that your body needs more water when you are more physically active? Drinking water is a good way to quench your thirst during the day and after exercise. Remember to choose water when you are thirsty and avoid sugary drinks. Your body does not need them to be healthy.
- This month we remember that it is important to stay healthy by eating vegetables and fruit, limiting screen time, being active and avoiding sugary drinks. These healthy habits can improve both your physical and mental wellbeing. Remember 5-2-1-0 when you are at home, at school, or at play.