



## BETTER CHOICES COUNT!

5-2-1-0 IS THE WAY TO GO.

### WHAT'S 5-2-1-0?

Busy schedules can make it tough to live healthy. But it's all about making good choices. 5-2-1-0 is designed to be easy to remember and, most of all, easy to follow.

5-2-1-0 means 5 or more fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity, and 0 sugar-added drinks – every day.



## 1 HOUR OR MORE OF PHYSICAL ACTIVITY

Getting at least 1 hour of moderate physical activity every day can be easier than it sounds – especially when you make it family time. Our bodies are made for motion and we're at the top of our game when we get in gear!

### BUT, HOW? GLAD YOU ASKED.

- Start with easy activities like a short family walk after dinner.
- Sign up as a family for a local 1K or 5K walk.
- Dance classes are fun and healthy – even for the kids.
- Find a simple hiking trail near the house and make it a weekly family event.
- Sign up your child for school sports, community sports or a travel sports league.
- Bring out the old favorites: tag, Hula Hoop, jumping rope or flying a kite.
- Try getting small bursts of physical activity throughout the day, such as doing different activities four times a day in 15-minute increments.
- Challenge your kids to see who can do more jumping jacks, sit-ups or push-ups during TV commercials.
- Put on music and dance together to your family's favorite songs.
- Interactive game systems can turn game time into family exercise time.
- Enjoy the great outdoors or your great backyard. Play tag with your kids, swim in the pool or play a game of catch.
- Take advantage of the season. Run through the sprinklers, build a snowman or rake leaves into a pile together (jumping into them is required).
- Join the local gym as a family, especially one with a pool and sports teams.
- Ride bikes with your child. Help them decorate the bikes first.
- Make sure your house is stocked with ball gloves, bats, soccer balls, basketballs and other fun sports items.



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Learn the little steps that can lead to big changes, with 5-2-1-0. Visit [henryfordlivewell.com/5210](http://henryfordlivewell.com/5210).