



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.



2 HOURS OR LESS OF RECREATIONAL SCREEN TIME

Limit recreational screen time to 2 hours or less every day. Television, the Internet, smartphones, video games, mp3 players and electronic gadgets can be useful, helpful tools, but they are also not good for kids when screen time goes unchecked. Limit individual and family hours – and monitor what's being viewed.

BUT, HOW? GLAD YOU ASKED.

- Place the television in a common room to make viewing time a family activity.
- Keep the computer in a high-traffic area, limit usage time and monitor what's being viewed.
- Be selective about TV programming and apps; encourage educational content.
- Plan family activities like game night (with prizes!), bike rides and trips to museums.
- Turn off all electronics – including TV and texting – during mealtime. Talk together as a family instead.
- Encourage imagination with activities like drawing, painting or singing favorite songs.
- Keep a handy box of paper (different colors), scissors, crayons, markers and accessories like ribbon and stickers to move kids away from television.
- Take TVs out of the bedroom and limit viewing time to improve quality of sleep.
- Set a family rule of at least 2 hours playing outside for every hour of TV or games.
- Take a family walk after meals and turn it into a scavenger hunt.
- Read together. Take the children to the library each week and let them select the family books.



HENRY FORD
LIVEWELL

Learn the little steps that can lead to big changes, with 5-2-1-0. Visit henryfordlivewell.com/5210.