Live 54321+10®

It takes just a few small steps each day for kids to stay healthy...

- 5 servings of fruits & vegetables
  - Fruits and veggies are colorful, taste great, and do good things for your body.
  - Eat a rainbow every day!

- 4 glasses of water
  - Choose water, low-fat milk, or 100% juice when you’re thirsty instead of sugary drinks.

- 3 good laughs
  - Share a funny story or joke with a friend. Laughing and giggling adds to your happiness.

- 2 hours or less screen time
  - Turn off the TV and step away from the computer. Read a book, play a game, or spend time outside.

- 1 hour physical activity
  - Jump, skip, run, dance, swim, skate... move your body 1 hour every day.

- +10 hours or more sleep
  - Get plenty of sleep each night to be ready for school and play!
Eat 5 fruits and vegetables
Encourage your child to eat a rainbow every day by offering fruits and vegetables at meals and snacks. You can help them get 5 or more servings a day by:

- Letting kids select and help prepare fruits and veggies.
- Keeping fruits and veggies visible on the counter and stocking the fridge with pre-cut produce in a clear container for easy snacking.
- Incorporating fruits and veggies into favorite meals like pancakes, oatmeal, pasta dishes, tacos, and sandwiches.

Drink 4 glasses of water
Help your child make healthy beverage choices by offering water and low-fat or fat-free milk when they're thirsty. Consider limiting your purchases of sugary drinks like sodas and fruit-flavored drinks to encourage healthier choices.

Have 3 good laughs with friends
Laughter and time spent together as a family promotes positive mental and good self-esteem. Cultivate a sense of joy and happiness by:

- Sharing a joke or funny story with your kids.
- Renting a funny movie to watch as a family.
- Spending time together as a family.

Get 2 hours or less screen time
Screen time is the inactive time spent in front of a screen, big or small. TV, video games, computers, and cell phones all contribute to screen time. Give your kids a screen time allowance of 2 hours each day and help them choose how to best divide up their time.

Get at least 1 hour of physical activity
Incorporate physical activity into family time and be active together!

- Go for a walk in your neighborhood or park.
- Take a family bike ride.
- Go swimming on a warm day.
- Encourage activity in your daily tasks by taking the stairs instead of the elevator and parking further away from the door.

Get 10 hours of sleep at night
School-aged children need about 10-12 hours of sleep each night. Not enough sleep can cause irritable or hyperactive behavior that may make it difficult to concentrate in school. Promote good sleep habits by:

- Creating a consistent sleep schedule. Have your child go to bed and wake up at about the same time each day.
- Encouraging your child to wind-down before sleep by reading a book, journaling, or listening to calming music.
- Limiting sleep distractions by turning off TVs, computers, MP3 players, and cell phones or keeping them out of your child's bedroom.