

Simple Steps for a Healthy Itasca Area

Healthy kids and healthy families make everything possible. Healthy activities start in early childhood. **5-2-1-0** is an easy way of promoting healthy lifestyles for children and adults. We realize healthy living can be challenging so we encourage everyone to start small, think big and take one step at a time.

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EAT HEALTHY FRUITS, ROOTS & VEGETABLES

Fruits, roots and vegetables, including root vegetables such as sweet potatoes are packed with nutrients. To get the recommended amount, most of us need to increase the amount of fruits, roots and veggies we currently eat.

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WATCH LESS HOURS OF SCREEN TIME

Two hours or less of computer, video and TV screen time every day. Increased screen time has been linked to lower reading scores, behavioral problems and unhealthy weight.

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PLAY MORE HOUR OF PHYSICAL ACTIVITY

Activity that makes your heart pump faster and your body breathe harder make you strong, helps you feel good and allows you to think clearly. Children in active families are more likely to be active adults.

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CUT DOWN SUGARY DRINKS

Sugary drinks such as soda, sweetened tea, sports drinks, fruit punch and other fruit-flavored sweetened drinks have little health benefits. Sweetened beverages add empty calories, about 150 calories and 9 teaspoons of sugar per 12 ounces of soda.

