

# THE 5-2-1-0 GOALS



Participating in daily exercise and fueling your body with the nutritious foods it needs will put you on the path to a happier, healthier you! So gather your friends and your family and use these 5-2-1-0 goals and tips to help you make healthy food choices and add physical activity to your day.

## 5 EAT AT LEAST FIVE FRUITS AND VEGETABLES A DAY!

- Try eating them with low-fat dips, yogurts or peanut butter for protein.
- Add them to other foods you enjoy, like pasta, soups, pizza, etc.
- Have veggie and fruit slices in the fridge for easy snacking.
- Choose fruits and vegetables as a family – this way everyone will get to have their favorites!

## 2 LIMIT TV WATCHING OR COMPUTER USE FOR FUN TO TWO HOURS OR LESS EACH DAY.

- Set basic rules, like no TV or computer time until chores or homework are done.
- Don't allow the TV to be on during mealtime.
- Use a timer to keep track of how much time has past while watching TV or playing on the computer.
- Have board games, books and magazines handy.

## 1 ENGAGE IN ONE HOUR OR MORE OF PHYSICAL ACTIVITY EVERY DAY.

- Take a nature hike at a nearby park.
- Play Frisbee, tag or go for a bike ride (don't forget your helmet!).
- Make chores fun and easy. Have everyone help and turn on some music to get things moving!
- When winter hits, don't let the cold air stop you. Head outdoors to make snow angels, build snowmen, go skiing or take a walk in your neighborhood.

## 0 HAVE ZERO SUGARY DRINKS ON MOST DAYS!

- Try adding a little seltzer or water with a small amount of fruit juice.
- Limit juice to less than 6 oz. for kids age 1-6 and 8-12 oz. for ages 7-18.
- Make a milkshake with low-fat or non-fat milk, ice and berries.
- Flavor water with fresh lemon, lime or orange slices.

For more information about the Independent Health Foundation, healthy activities and snack ideas visit [fitnessforkidschallenge.com](http://fitnessforkidschallenge.com) or contact the Independent Health Foundation at (716) 635-4959.