

Welcome!

Let this booklet guide you on your journey to good health. The tips contained here will give you the tools to get started today! You have the power to create healthy lifestyle habits which will benefit you and your family for a lifetime.

A good place to start is to practice 5-2-1-0 every day.

Tips to Make it Easier Taking the 5-2-1-0 Challenge:

- Start by making small changes. Focus on one goal at a time, if that helps.
- Encourage the whole family to embrace a healthy lifestyle.
- You are your child's number one role model, so start practicing the healthy habits you want your child to use.
- Reward your family's success.



for Healthy Active Living

Name _____ Date _____

Ideas for Living a Healthy Active Life

- 5** Eat at least 5 fruits and vegetables every day. **2** Limit screen time (for example, TV, video games, computer) to 2 hours or less per day. **1** Get 1 hour or more of physical activity every day. **0** Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.

My Goals *(choose one you would like to work on first)*

- Eat ___ fruits and vegetables a day.
- Reduce screen time to ___ minutes per day.
- Get ___ minutes of physical activity each day.
- Reduce number of sugared drinks to ___ per day.

Patient or Parent/Guardian signature _____



Eat. Reduce. Play. Limit.

5 times a day **2** hours a day **1** hour a day **0** times a day



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Fruits & vegetables – more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% juice.

✓ Tips for the Family

- Start by making small changes.
- Serve fruit as a dessert right after dinner.
- Try a bite: offer fruits and veggies and encourage everyone to try a few bites. It can take 7 to 10 tries to like a new food. But don't pressure your child. Don't complain if she/he refuses, just try again another time.
- For fruits and vegetables year-round, buy canned or frozen. They cost less than fresh fruit and vegetables and are just as good for you.
- Choose fruit packed in their natural juices (not syrup), unsweetened applesauce, and canned vegetables with low or no sodium (salt).

What's a kid-size serving?

- ½ cup of chopped, cooked or canned fruits or vegetables.
- ½ apple
- 5 broccoli florets
- 16 grapes
- ½ sweet potato
- 6 baby carrots
- 4 large strawberries
- 1 cup of greens or lettuce



2

Cut screen time to 2 hours or less a day (TV, computers & video games). No screen time for kids under 2.

✓ Tips for the Family

- Set limits on screen time for the whole family. Stick with the limits.
- Be a role model – if your kids see you following the rules, they'll be more likely to follow.
- Turn off the TV during mealtime.
- Keep the TV, computers, and videos out of the kids' bedrooms.
- Make one day a week a "Turn Off the TV Day" in your home and do something else with the kids.
- Encourage your kids to read. Share the joy of reading aloud to the kids.

Video Games that get you MOVING!

If your family likes video games, try those that make you move such as Dance Dance Revolution, Wii Fit, Dance Central, Your Shape, Kinect Spots, Just Dance, or Guitar Hero.



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Be physically active at least 1 hour every day.

✓ Tips for the Family

- If you can, walk or bike to your destination.
- Play Twister.®
- Simply just play and enjoy the wonderful Florida weather.
- Play music in the house and dance.
- Walk your pet more often.
- Have a hula-hoop or jump rope available.
- Play "Simon says."

Tips to Make it Easier

- Choose how you get your hour of physical activity – you can break up the time throughout the day or put in an hour at the beginning or end of your day.
- Incorporate physical activity into your daily routine.
- Make gradual changes to increase your level of physical activity.



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No soda or sugar-sweetened sports or fruit drinks. Instead, drink more water and non-fat or 1% milk.

✓ Tips for the Family

- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and fill it throughout the day.
- Don't stock your fridge with sugar-sweetened beverages. Instead, keep cold water in the fridge in a jug or bottles.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon.
- Add a splash of 100% juice to plain sparkling water for refreshing, low-calorie drink.
- Be a role model for your friends and family by choosing healthy, low-calorie beverages.

Put limits on juice!

- Juice products labeled "-ade," "drink" or "punch" often contain 5% juice or less.
- If you do choose fruit juice, make sure it is 100%. Make changes slowly by adding water to your child's juice.
- Suggest a glass of water or non-fat milk instead of juice.

