



**Eat.
Reduce.
Play.
Limit.**

5 times
a day

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

2 hours
a day

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

1 hour
a day

Be physically active at least 1 hour every day.

0 times
a day

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



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