

Get on a Healthy Track with the Good Health Club

Just add these simple tips into your routine!

5

Stretch

This tall, cool gal is here to say, "Eat five fruits and veggies every day!"

- Give kids 5 servings of fruits and vegetables every day.
- Prepare more meals at home, as a family.
- Prevent diabetes, heart disease and many forms of cancer with a diet rich in fruits and veggies.



2

Hoot

Hoot's wise advice is to get out and play, "Turn off the TV and computer—get moving today!"

- Limit screen time (TV, video games, computers) to 2 hours or less per day.
- Avoid putting a TV in your child's bedroom.
- Encourage children to be physically active before allowing screen time.



Spark

Spark has just one rhyme she likes to say, "Take an hour each day to go out and play!"

- Get at least 1 hour of physical activity each day.
- Plan family walk time after dinner.
- Encourage kids to join a school sports team, club or dance class.



1

Flip

This thirsty frog says what he thinks, "Stick with water and skip the sweet drinks!"

- Avoid serving soft drinks or sweetened drinks to kids.
- Encourage water between meals because it helps kids feel full.
- Add fruit like lemons or limes to your water for better flavor.



All you have to do is follow their examples!
Get in on the action and talk to your doctor to learn
how you can be healthy every day.

Healthy Habits are as Simple as 5-2-1-0

Just add these tips into your daily routine!

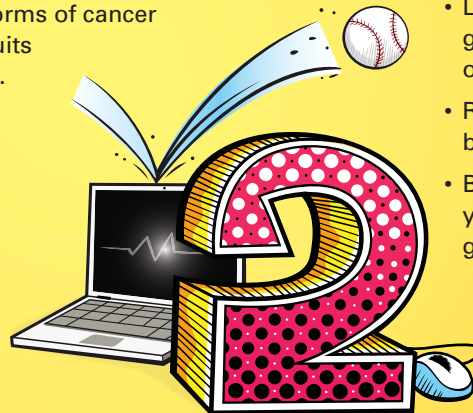


Eat 5 servings of fruits and veggies every single day.

- Each day, eat at least 5 servings of fruits and vegetables. Use this as an opportunity to try new foods.
- Cook more meals at home with your family.
- Prevent diabetes, heart disease and many forms of cancer by eating fruits and veggies.

Get at least 1 hour of physical activity.

- Mow the lawn, wash your car or vacuum. You can be physically active when you are doing chores.
- Join a school sports team, outdoor club or take a dance class.
- Take a walk with your friends after school.



Limit screen time to 2 hours or less.

- Limit screen time (TV, video games, computers) to 2 hours or less per day.
- Remove the TV from your bedroom.
- Be physically active before you watch TV, play video games or use the computer.

Limit sweetened drinks to 0.

- Avoid sweetened drinks such as soda and sports drinks.
- Drink water between meals because it helps you feel full.
- Add lemons or limes to your water for added flavor.



Get in on the action and talk to your doctor to learn how you can be healthy every day.