

54321+10[®] Count down to your child's health

Numbers to live by each day!



Eat **5** fruits and vegetables

Encourage your child to eat a rainbow every day by offering fruits and vegetables at meals and snacks. You can help them get 5 or more servings a day by:

- Letting kids select and help prepare fruits and veggies.
- Keeping fruits and veggies visible on the counter and stocking the fridge with pre-cut produce in a clear container for easy snacking.
- Incorporating fruits and veggies into favorite meals like pancakes, oatmeal, pasta dishes, tacos, and sandwiches.

Get **2** hours or less screen time

Screen time is the inactive time spent in front of a screen, big or small. TV, video games, computers, and cell phones all contribute to screen time. Give your kids a screen time allowance of 2 hours each day and help them choose how to best divide up their time.



Drink **4** glasses of water

Help your child make healthy beverage choices by offering water and low-fat or fat-free milk when they're thirsty. Consider limiting your purchases of sugary drinks like sodas and fruit-flavored drinks to encourage healthier choices.

Have **3** good laughs with friends

Laughter and time spent together as a family promotes positive mental and good self-esteem.

Cultivate a sense of joy and happiness by:

- Sharing a joke or funny story with your kids.
- Renting a funny movie to watch as a family.
- Spending time together as a family.



Get **10** hours of sleep at night

School-aged children need about 10-12 hours of sleep each night. Not enough sleep can cause irritable or hyperactive behavior that may make it difficult to concentrate in school. Promote good sleep habits by:

- Creating a consistent sleep schedule. Have your child go to bed and wake up at about the same time each day.
- Encouraging your child to wind-down before sleep by reading a book, journaling, or listening to calming music.
- Limiting sleep distractions by turning off TVs, computers, MP3 players, and cell phones or keeping them out of your child's bedroom.



Get at least **1** hour of physical activity

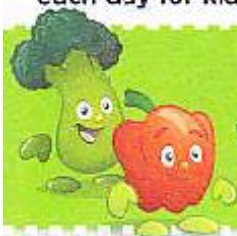
Incorporate physical activity into family time and be active together

- Go for a walk in your neighborhood or park.
- Take a family bike ride.
- Go swimming on a warm day.
- Encourage activity in your daily tasks by taking the stairs instead of the elevator and parking further away from the door.

Live 54321+10[®]

It takes just a few small steps
each day for kids to stay healthy...

Numbers to live by!



Fruits and veggies
are colorful, taste
great, and do good
things for
your body.

5 servings
fruits &
vegetables



Eat a
rainbow
every day!



4 glasses water

Choose water, low-fat milk, or 100%
juice when you're thirsty instead of
sugary drinks.



3 good
laughs

Share a funny story
or joke with a friend.
Laughing and
giggling adds to
your happiness.



Turn off the TV and step
away from the computer.
Read a book, play a game,
or spend time outside.

2 hours
or less

screen
time



1 hour
physical
activity



Jump, skip, run,
dance, swim,
skate...
move your body
1 hour every day.

Get plenty of sleep
each night
to be
ready for
school and play!

+10 hours
or more
sleep



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