

# 5-2-1-0 HEALTHY HABITS EVERY DAY!

It's important to practice healthy habits, but healthy living can sometimes feel challenging or overwhelming.

The 5-2-1-0 recommendations are 4 simple guidelines to build healthy habits in children.

Remember that nobody is perfect and healthy bodies come in all shapes and sizes. Don't try to do everything at once. Pick a recommendation, set a goal, and take one step at a time.

For more information or healthy living resources, visit [gethealthyclarkcounty.org](http://gethealthyclarkcounty.org)

[www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)  
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.



## servings of fruits and veggies

Fruits and vegetables are packed with nutrients your child needs to grow healthy.

- Offer fruits and vegetables at each meal and for snacks.
- Avoid frying: try steaming, baking, stir-frying or serving raw fruits and vegetables.
- Fresh, canned, and frozen all count!



## hours or less of screen time

Too much screentime can lead to headaches, sleep issues, tantrums, and can limit development of language and emotional skills.

- Don't put a TV in your child's room.
- Set limits on screen time.
- Put away devices and turn off the TV during mealtimes.
- Screen time can often interfere with sleep. Make sure your child is getting adequate sleep.

*The American Academy of Pediatrics recommends no screentime under age 2 except to video chat with loved ones.*



## hour of physical activity

Physical activity is important for physical and mental health.

- Encourage your child to participate in physical activities they enjoy.
- Go for walks, hikes, or bike rides together.
- When appropriate, have your children walk or bike to school. Better yet, walk or ride with them.



## sugary drinks

Sugary drinks such as sodas, tea, sports drinks and other fruit-flavored drinks have little nutritional value and are the main source of added sugar in a child's diet.

- Serve water! Pack a water bottle and make sure water is always accessible.
- Make water more exciting by adding slices of lemon, berries, cucumber or watermelon.
- Choose whole fruit over fruit juice.