

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

**FIVE**  
servings  
of fruits  
& veggies

**TWO**  
hours or less  
of screen  
time

**ONE**  
hour of  
physical  
activity

**ZERO**  
sugary  
drinks

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