

Challenge yourself...



EVERY DAY!

5.2.1.0+9 TIPS

- Set a goal of eating fruits and vegetables with every meal and snack
- For a yummy snack- dip apples in peanut butter or freeze grapes and blueberries for a cold treat
- Limiting screen time will help you feel and sleep better, and give you more energy
- If you are watching or playing on a screen, make sure you are challenging yourself to learn
- For outside fun, play hopscotch, build an obstacle course, or take a ride on your bike or scooter
- Stay active inside playing hide-and-seek, building a fort, or dancing to your favorite music
- Use your favorite water bottle to take water on the go
- Make water more exciting by adding fruit like oranges, pineapple, berries or lemon
- To get the sleep you need, keep screens out of your bedroom
- Try to go to sleep and wake up at the same time every day
- Kids 6-12 years old need 9-12 hours of sleep per night, and 13-18 year olds need 8-10 hours



Take the
5.2.1.0+9
Challenge

