

FitFUTURE

Strategies for
Better Living.



**A Healthy Active Living Initiative
from the American Academy of Pediatrics**

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There are a lot of things families can do to be healthier, but it can be overwhelming to decide where to begin. Just remember that small changes can make a big difference. The American Academy of Pediatrics recommends starting with one of the **5-2-1-0** behaviors.

Communities all over the country are buzzing about the **5-2-1-0** initiative, which strives to improve the health habits of American children. The **5-2-1-0** initiative is an easy way to remember the steps your children should take every day to be healthy now and in the future (and it's good for adults, too):

- ▶ Eat **5 servings** of fruits and vegetables...more matters! Limit 100% fruit juice.
- ▶ Spend no more than **2 hours** watching TV, playing video games or surfing the Internet.
- ▶ Get at least **1 hour** of active play. Participate in at least one hour of moderate to vigorous physical activity every day.
- ▶ Drink **0 sugar-sweetened** beverages. Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings per day of fat-free or 1% milk.

To help children live healthy active lives, parents should:

- Be role models - make healthy eating and daily physical activity the family norm.
- Create a home environment where healthy choices are available and encouraged.
- Make it fun!
- Play a game of tag.
- Plan and cook healthy meals together.
- Organize a scavenger hunt through the neighborhood.
- Plant and care for a family garden.

By making small changes to your family routine, you will help everyone lead healthy active lives. Start with these:

- Eat breakfast every day.
- Eat low-fat dairy products like yogurt, milk, and cheese.
- Regularly eat meals together as a family.
- Limit fast food, take out food, and dining away from home.
- Prepare meals as a family.
- Eat a diet high in fiber.



Resources:

"Play Hard, Eat Right." By Debbi Sowell Jennings,
The American Dietetic Association.

