



Health + Wellness

NEWSLETTER

SPRING BREAK IS HERE!

Wishing you a safe, fun, and restorative break with your family and friends!!

In this issue, we will be talking about the 5-2-1-0 method! Have you heard of it?! It's a super simple method that helps us make healthy choices throughout the day! This is something fun for the whole family! *Give it a go during Spring Break!*

GIVING MARKET

Every month we host our Giving Market - our very own food pantry - at the High School! We have canned goods, fresh produce, milk, eggs, hygiene items and other goods!

Door 10 from 4-6pm

April 27 + May 26

What is it?!



Enjoy-

FIVE or more vegetables & fruits every day

Power down-

no more than TWO hours of screen time a day

Play actively-

at least ONE hour each day

Choose healthy-

ZERO sugar-sweetened drinks

VISIT PENN STATE HEALTH FOR IDEAS!



Healthy Habits. Healthy Life.

Aim For
at least



vegetables and fruits a
day – or more!

LIFE CAN BE BUSY – MAKE A FAMILY PLAN TO EAT MORE VEGETABLES AND FRUITS :

- Try to eat a rainbow of vegetables and fruits
- Plan and prepare meals together
- Be a role model and try to add more vegetables and fruits to your plate
- Eat together as a family as much as you can



GIVE IT A TRY!

- Try three bites! Offer new veggies and fruits different ways and try at least three bites each time. It can take 7 or more times before you like a new food.
- Buy veggies and fruits that are in season. Frozen and canned are always available.
- Look for vegetables and fruits without a lot of added ingredients.



Did you know?

A serving size for your child is the same as the palm of their hand.

Serving sizes for adults:

- Whole fruit is about the size of a tennis ball
- A cup of raw leafy greens or ½ cup cooked vegetables

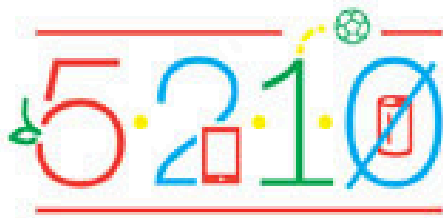
Quick Tips

- Fruits and vegetables can be a quick healthy snack
- Keep a bowl of fruit on the counter to grab and go
- Chop up veggies to have on hand - dip with a salad dressing, yogurt or peanut butter
- Make a smoothie with vegetables, fruits and yogurt
- Add vegetables and fruits as a topping to your favorite foods: pizza, pasta or your breakfast cereal

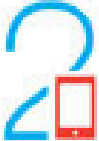


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This resource is adapted
from Let's Go! materials.
www.letsgo.org.



Healthy Habits. Healthy Life.

Aim For  hours or less of screen time every day

WHAT IS SCREEN TIME?

Anytime you're sitting still looking at a screen for fun or in your spare time is screen time. If you're on a screen for school work it doesn't count as part of your two hours. Screen time includes:

- TV
- Computer
- Video games
- Smart phones
- Tablets
- Any electronic device.

GIVE IT A TRY!

- Start a conversation about everyone's screen time
- Make a family plan to aim for less screen time
- Try to keep screens out of the bedroom
- Think about creating screen-free zones in your home



HAVE SOME FUN!

- Play basketball
- Read a book
- Explore a park
- Go for a walk
- Build an indoor fort or obstacle course
- Play a game

Did you know?

American Academy of Pediatrics recommends children under 18 months of age should have no screentime.



Why 2 hours or less?

- 2 get better sleep
- 2 have more time to be active
- 2 have more time to do activities together
- 2 grow into a healthy body
- 2 make time for creative play



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Healthy Habits. Healthy Life.

Aim For



1

hour of physical activity
every day

YOUR BODY WILL THANK YOU. BEING ACTIVE CAN:

- Make you feel good
- Help you focus better at school or work
- Keep your heart healthy
- Make you stronger
- Help you sleep well
- Help you improve your sport
- Help you stay physically fit

And it can be a fun way to spend time with friends and family.



GIVE IT A TRY!

- Play some music and dance
- Play outside
- Get up and move if you've been sitting for awhile
- Play tag or jump rope
- Explore a park
- Shoot hoops or toss a ball



Everything counts!

Try moving for 10 minutes or more at a time. Give your brain a break and get up and move.

A little exercise goes a long way – especially if you're breathing hard!



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Aim For



or almost
no sugary drinks



KEEP AN EYE OUT - SUGAR CAN SNEAK INTO A LOT OF DIFFERENT DRINKS



18 g sugar
4.5 sugar cubes



26 g sugar
6.5 sugar cubes



34 g sugar
8.5 sugar cubes



44 g sugar
11 sugar cubes



39 g sugar
9.75 sugar cubes



32 g sugar
8 sugar cubes

Try to limit
sugary drinks



Reach for
water for thirst

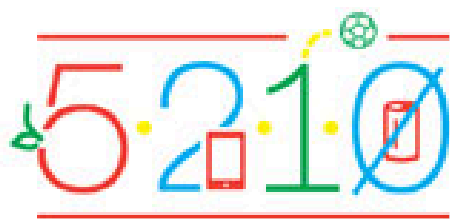
GIVE IT A TRY!

- Make water your number one drink - drink it when you're thirsty.
- Take a water bottle with you wherever you go.
- Drink 2-3 cups of milk a day.
- Talk with your healthcare provider about what's right for you.
- Try to gradually decrease the number of sugary drinks you have each day.
- Just remember, juice can have as much sugar as soda!



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PLAY THE 5-2-1-0 GAME: COLOR OR PUT A STICKER IN A CIRCLE EACH TIME YOU AIM FOR AND REACH ONE OF THE 5-2-1-0 GOALS. CAN YOU FILL THEM ALL IN?

Aim For
at least **5** vegetables and fruits a day – or more!



Aim For **2** hours or less of screen time every day





Aim For **1** hour of physical activity every day



Aim For **0** or almost no sugary drinks



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