



Eating right and being active... It's as easy as



54321 Go!

What is 5-4-3-2-1-Go!?

5-4-3-2-1-Go! is a simple message to help you remember what your child needs to do to be healthy and fit. Each number stands for an action step that your child can take to be healthy and prevent childhood obesity.

- 5** servings of fruits and vegetables a day
- 4** servings of water a day
- 3** servings of low-fat dairy a day
- 2** hours or less of screen time a day
- 1** hour or more of physical activity a day

Go!

What can I do as a parent to encourage healthy eating and physical activity?

● MODEL HEALTHY BEHAVIORS

Studies show that kids are more likely to engage in healthy behaviors if they see their parents doing the same. So eat those vegetables, carry around a water bottle, drink some milk, let your kids see you being active rather than just sitting in front of a TV. Your actions make a difference in your kids' life.

● KEEP HEALTHY FOOD AROUND THE HOUSE

If fresh fruit and veggies are available, kids will eat more of them. It's as simple as that. So bring home a bag of baby carrots and a bunch of bananas from the store next time. Cut the celery into sticks as soon as you get home so it's ready to go whenever you want it. Stock up on yogurt and low-fat cheese for breakfasts or snacks. Pre-fill water bottles and chill them in the fridge so your kids can grab water quickly after a hot day playing outside.

● PLAN HEALTHY FAMILY ACTIVITIES

Does family time mostly consist of sitting with a bag of chips around the television? It doesn't have to be so. You can plan healthy family activities. Have a picnic outside with plenty of fruits and vegetables. Arrange for an afternoon at the park. Strap on those old rollerblades and take a whirl with your kid. Take your kids to the playground and actually get out there with them on the swings. Teach your youngster one of your favorite childhood games.



Teach a Kid to Fish

Creating community solutions for children's health

