



OCTOBER IS HEALTHIEST STATE MONTH

#HealthyChoicesCount



STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

FIND MORE 5-2-1-0 RESOURCES:
www.IowaHealthiestState.com/5210



DID YOU KNOW?

October is Healthiest State Month, which means it's time to celebrate in your school, out-of-school program, early care, workplace, health care clinic, or at home with your family! Check out the focus of each week below!

- **October 1-7:** 1 hour or more of physical activity
- **October 8-14:** 5 or more fruits and vegetables
- **October 15-21:** 2 or less hours of screen time
- **October 22-28:** 0 Sugary drinks - drink more water!

STRATEGY 6: Participate in local, state, and national initiatives that support healthy eating and active living.

- **Does your site/school participate in local, state and/or national initiatives to support healthy lifestyles?**

Local: Walking School Bus, NAPSACC

State: Hy-Vee Kids Fit, SWITCH, Iowa Farm to School & Early Care Coalition

National: Fuel Up to Play 60, Alliance for a Healthier Generation,
Walk & Bike to School Day

GET INVOLVED WITH 5-2-1-0 AND CELEBRATE IN OCTOBER

5-2-1-0 and the Healthiest State Initiative have TONS of fun resources, activities, and toolkits for every week of Healthiest State Month. From coloring sheets, to fun games for classroom and home, we make it easy to live 5-2-1-0!

PARTICIPATE IN 5-2-1-0 FOCUSED EVENTS

Visit www.IowaHealthiestState.com and check out events all month long to support the 5-2-1-0 lifestyle including:

- **October 4th:** Healthiest State Annual Walk
- **October 25th:** 5-2-1-0 Healthy Choices Count! Summit