

OCTOBER

IS HEALTHIEST STATE MONTH

#HealthyChoicesCount



STATE OF IOWA DEPARTMENT OF Health and Human services







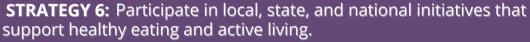




DID YOU KNOW?

October is <u>Healthiest State Month</u>, which means it's time to celebrate in your school, out-of-school program, early care, workplace, health care clinic, or at a 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!



• 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, lowa 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 <u>TONS of fun resources</u>, <u>activities</u>, <u>and toolkits</u> 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.lowahealthieststate.com** and check out events all month long to support the 5-2-1-0 lifestyle including:

- October 4th: <u>Healthiest State Annual Walk</u>
- October 25th: 5-2-1-0 Healthy Choices Count! Summit