

The Bill of Rights for Healthy Living

The Bill of Rights is a document that was added to the U.S. Constitution in order to keep the new country's citizens safe and happy.

The Bill of Rights contains the first 10 amendments, which describe certain rights all citizens should have. After more than 200 years, many more have been added to compliment the original amendments from the Bill of Rights.

Many leaders of different groups have come up with their own "Bill of Rights" to guide their members. As part of the 5-2-1-0 program, you have the power to make healthy choices as well as encourage those around you to live healthy, happy lifestyles.

5-2-1-0 has four main guidelines or "amendments":

- 5 fruits and vegetables each day
- 2 hours of recreational screen-time
- 1 hour of physical activity daily
- 0 sugary beverages.

If you were to come up with your own amendments for healthy living based on the four amendments in 5-2-1-0's "Bill of Rights", what would they be?

Please write your answers in the space below. You may use the back if you run out of space.



Adapted from the Palo Alto Medical Foundation