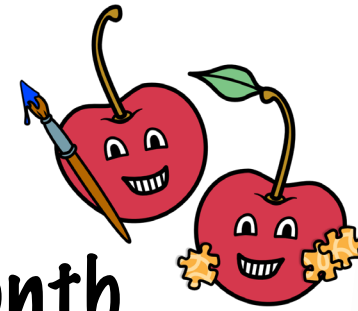


5-2-1-0 FEATURE:

October Healthiest State Month



Here's how you can put 5-2-1-0 into action this month:

CELEBRATE!

It's all about 5-2-1-0 in October!
Here is the schedule:

- **October 1-4:** 1 hour or more of physical activity
- **October 7-11:** 5 or more fruits or vegetables
- **October 14-18:** 2 hours or less of recreational screen time
- **October 21-25:** 0 sugary drinks – drink more water!

Download celebration toolkits for your school, workplace, health care clinic or community [HERE](#).



Join us on October 22 at Des Moines University for the 5-2-1-0 Healthy Choices Count! Summit. Register online [here](#).

A FUN ACTIVITY SHEET FOR EVERY WEEK!

Check out these fun and interactive activity sheets created especially for Healthiest State Month. Click on the links below to download, print and enjoy!

WEEK 1:
[Make Time for Play Every Day!](#)

WEEK 2:
[Fill Up on Fruits and Vegetables!](#)

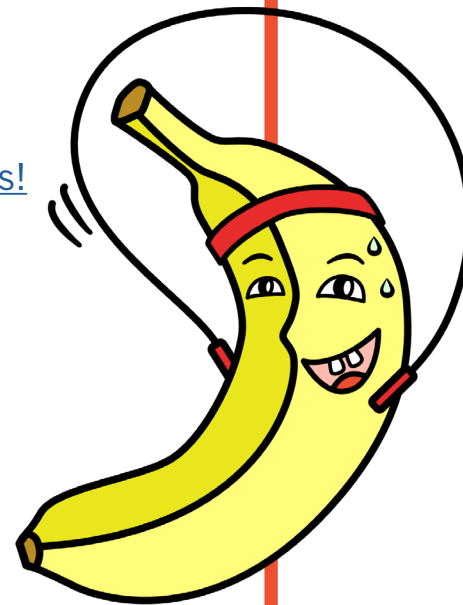
WEEK 3:
[Unplug to Have More Fun!](#)

WEEK 4:
[Drink More Water!](#)

BONUS: [Coloring Sheet](#)

Activity sheets designed for students grades Pre-K through 2.

— Illustrations by [Audrey Gifford](#)



The 5-2-1-0 Feature is brought to you by:



Healthiest State
INITIATIVE



Share your 5-2-1-0 fun on social media:

#HealthyChoicesCount



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