

5210 FEATURE:

October is Healthiest State Month!



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

WEEK-BY-WEEK SCHEDULE:

Focus on a different number in 5-2-1-0 each week:

October 1-5: 1 hour or more of physical activity

October 8-12: 5 or more fruits or vegetables

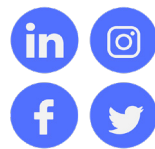
October 15-19: 2 hours or less of recreational screen time

October 22-26: 0 sugary drinks – drink more water!

Learn more: IowaHealthiestState.com/HS1month

Share your 5-2-1-0 fun on social media all year-round with the hashtag

#HealthyChoicesCount



HOW TO PARTICIPATE:

We want to make participating in Healthiest State Month fun and easy!

Download a free toolkit, specifically designed for schools / child care centers, communities, workplaces and health care sites:

DOWNLOAD TOOLKITS

Each toolkit is full of ideas on how to celebrate each week, printable materials and information on social media contests.



5-2-1-0 HEALTHY CHOICES COUNT! SUMMIT

**October 30
Des Moines University
9 a.m. – 3 p.m.**

REGISTER

Keynote speaker:
(Retired) Senator
Tom Harkin



www.iowahealthieststate.com/5210

