

5-2-1-0 FEATURE SEPTEMBER

In this 5-2-1-0 Feature,
you will learn about:

- Healthiest State Annual Walk
- Strategy #4
- Tomatoes



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

WALK MORE. CONNECT MORE. ON OCTOBER 6

Walking is the perfect physical activity to connect with your students and staff! Register your walk and join thousands of other Iowans statewide to walk for 30 minutes on October 6. Register: IowaHealthiestState.com/Walk



October 6 is *also* International Walk & Bike to School Day!

5-2-1-0 Strategies For Success

STRATEGY #4: Provide opportunities to get physical activity every day

- Does your site/school provide an opportunity for students to be physically active every day?
- Does your site/school promote physical activity as a reward?
- Does your site/school provide physical activity opportunities during times of inclement weather?



TRY TOMATOES!

Eat up: Tomatoes are a great source of lycopene, a power antioxidant.

Scan to find posters, learning activities and more Food of the Month resources:



[#HealthyChoicesCount](https://twitter.com/HealthyChoicesCount)