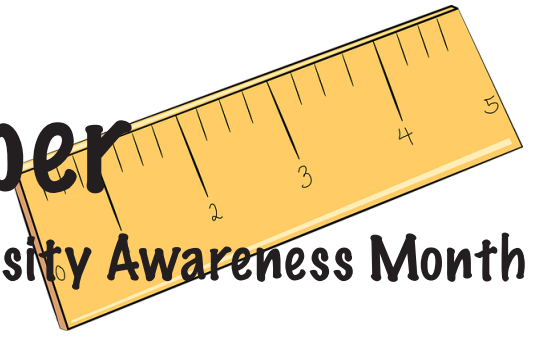


5-2-1-0 FEATURE:

September

is Childhood Obesity Awareness Month



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

TIPS FOR TEACHERS & PARENTS:

Be a healthy role model!

- Eat healthy foods
- Limit use of handheld devices
- Participate in physical activity
- Drink water

Download our resources:

- Tips to eat 5 fruits and veggies a day
- Tips to get 1 hour of activity a day



These tips are clickable links!



COMPLETE THE CHALLENGE:

STEP 1: Download and print a 5-2-1-0 activity tracker [HERE](#).

STEP 2: Hang it on your refrigerator at home or in your classroom at school.

STEP 3: Keep track of your 5-2-1-0 behavior for two weeks (or more!) to see if you are meeting your goals.

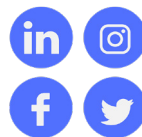
SPREAD THE WORD:

Post these messages to your favorite social media sites:

September is Childhood Obesity Awareness Month! We get 60 minutes of activity each day to stay healthy. #HealthyChoicesCount

September is Childhood Obesity Awareness Month! We eat 5 fruits and vegetables each day to stay healthy. #HealthyChoicesCount

Attach a photo of 5-2-1-0 in action to the post: Show off your healthy snacks, activity time or your 5-2-1-0 tracker!



www.iowahealthieststate.com/5210

