

Let's get healthy!

5210 is a simple, easy to use program to meet daily nutrition and physical activity guidelines.

Use the 5210 charts to track your progress.

Each week, focus on **IMPROVING** four habits:



5

Eat 5 or more servings of fruits and vegetables a day

Fruits and vegetables are packed with nutrients and fiber. Try to put a rainbow of fruits and vegetables on your plate.



2

2 hours or less of recreational screen time

Limit time spent watching TV, playing on computers, video games and mobile devices to 2 hours or less each day. No screen time for children under the age of 2.



1

1 hour or more of physical activity

Children love to play and have fun, so activities should be less focused on structure and more centered on enjoyment. Play more, and keep moving.



0

Drink 0 sugar-sweetened beverages

Trade in soda, fruit juice and sports drinks that are packed with sugar for water or low-fat milk.



UW Health's Kids Fitness Clinic is pleased to offer programs that help children and families make healthy lifestyle choices that will improve their well-being.

UW Health Kids Fitness Clinic

621 Science Drive
Madison, WI 53711
uwhealthkids.org/fitkids
608) 263-5210

Let's Go 5 2 1 0 was created by Maine Health and has been endorsed nationally by the American Medical Association, American Academy of Pediatrics and Michelle Obama's Let's Move Program.