

**UCHealth Healthy Kids Connection** is a bi-monthly source of news, resources, contests and education to help keep northern Colorado families and schools healthy and connected.

## Healthy Kids 5210+ Challenge month is here!

It's once again time for the Healthy Kids 5210+ Challenge. We are so excited for the students and staff at the 128 schools that are registered. The commitment to learning and practicing the 5210+ healthy habits for one month is an investment in life-long heart and brain health. Show your heart and mind some LOVE ❤️ the whole month of February and Challenge yourself to get a minimum of 80 checkmarks on your 5210+ Challenge Tracking Log. If your school is registered, each student will receive one printed Tracking Log. Click [here](#) for more information and tips to help you earn 80 or more checkmarks for a FREE t-shirt and prize money for your school.



## Healthy Kids Program Updates



### Take the Challenge!

### The Healthy Kids 5210+ Challenge starts in February!

The Healthy Kids 5210+ Challenge is a **FREE** month-long program, during February, where students and school staff learn and practice the 5210+ healthy habits every day. This year, 128 schools across 10 northern Colorado districts are participating in the challenge.

What are the 5210+ Healthy Habits?

- **5 fruits & vegetables.**
- **2 hours or less of for-fun screen time.**
- **1 hour of physical activity.**
- **0 sugary drinks.**
- **+ 9 or more hours of sleep.**



Click [here](#) and scroll down to watch the Challenge video. Check with your PE teacher or school Challenge leader for more information.

### Bstrong Bfit

BstrongBfit is a free program created by Healthy Kids and includes eight weeks of interactive lessons, teamwork, empowerment activities and running. The program is offered to interested schools and is led by dedicated school-based coaches/educators. At the end of eight weeks, there is a culminating 2-mile race for all coaches and participants.



The BstrongBfit program:

- Promotes physical activity, nutrition and healthy habits.
- Emphasizes social emotional wellness.
- Encourages connections with peers and adults.

Interested schools sign up in January for the spring program. Registered schools will recruit and start the program in February.

### Healthy Kids, Healthy Start!

Our first grade 5210+ education pilot program kicks off next month with a limited number of participating schools. This 5-lesson standards-based curriculum introduces the 5210+ healthy habits in a fun and interactive way. Lessons are taught by the classroom teachers.

### Healthy Kids Run Series and Healthy Kids Summer Challenge

Stay tuned for more information on our summer programs which will start in May!



## Healthy Celebrations in February

Not only is February Healthy Kids 5210+ Challenge month, it is also American Heart Month AND Valentine's Day. A wonderful day to celebrate those we love and show our hearts some love too.



Click [here](#) for ideas on celebrating Valentine's day at home and if you are helping with celebrations at your child's school, click [here](#) for some healthy and 5210+ friendly ideas!

## Healthy Kids impact in northern Colorado

These numbers are something to celebrate! Healthy Kids served almost 20,000 kids in 2022!

Here's a breakdown:

- ♥ Healthy Kids 5210+ Challenge: Over 17,000 participants
- ♥ Healthy Kids, Healthy Start!: 1,442 participants
- ♥ BstrongBfit: 394 participants
- ♥ Healthy Kids Run Series: 486 participants
- ♥ Healthy Kids Summer Challenge: 396 participants



Here's to a healthy, happy 2023!

Healthy Kids and Healthy Hearts have joined together to become **Healthy Hearts and Minds**. This dynamic partnership combines over 30 years of outreach and preventative education, providing year-round programming to promote healthy lifestyles. We are excited to continue serving our communities and growing our team.

Healthy Kids Connection is distributed bi-monthly to Elementary Office Managers, PE teachers and Healthy Kids mailing list. For more information: [healthykids@uchealth.org](mailto:healthykids@uchealth.org)

Email [healthykids@uchealth.org](mailto:healthykids@uchealth.org) with your name and email address to be added to the Healthy Kids Mailing List.

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