

HEALTHY KIDS 5210+ CHALLENGE

A school wide program to learn and practice
the 5210+ healthy habits every day.

The Challenge is on!

Welcome to the 2024 Healthy Kids 5210+ Challenge! Here are some ideas from past participants to help students and staff get 80+ checks and a **FREE** Challenge t-shirt.



5 fruits and vegetables



- Be sure to count fruits and veggies from school lunch on your log.
- Frozen or canned fruit and vegetables are a great option when fresh is out of season.
- Have a juicy orange or some sweet grapes instead of a sugary dessert after dinner.
- Pick a new fruit or vegetable at the grocery store if you are shopping as a family.

2 hours or less of screen time



- Make a list of non-screen time activities your family can do together over the next two weeks.
- Put post-it notes on screens (TV, computer, tablet) with some of your activity ideas.
- Plan non-screen time activities with friends/other families during the rest of the Challenge.
- If you're up for a real challenge, have a family "screen free" day.

1 hour or more of physical activity



- Go to a new park to play with friends.
- When it's cold outside, move your body inside by dancing to some of your favorite music.
- Remember to add up all of your active times during the day when you are filling out your log.
- Don't forget to include PE time and recess when counting your activity minutes.

0 sugary drinks



- Leave your water bottle in a visible spot so you remember to drink water instead of sugary drinks.
- If you are very active and sweating, skip the sports drink and have extra water.
- Pick white milk instead of chocolate milk when you have hot lunch at school.
- If you are having a sugary drink as a special treat, only enjoy part of the can or bottle and save the rest for another time.

9 or more hours of sleep



- Be sure to turn off all screens at least an hour before bedtime so you can get a good rest.
- Find a fun book that your family can read out loud together before bed.
- Sugary drinks can keep you from falling asleep. If you're thirsty before bed, have a glass of water instead.
- Add filling out your 5210+ Challenge log to your nightly routine so you can talk about the healthy habits together as a family.