

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

Healthy Holiday Traditions and 5210+ The 5210+ Challenge is right around the corner!

Two months to go until the 2026 Healthy Kids 5210+ Challenge! Earlier this year over 23,000 students and staff completed the 2025 5210+ Challenge and we hope that number will grow in 2026.



Why 5210+?

We love talking about 5210+ because the four numbers along with the “plus” make five healthy habits easy to remember. Creating new habits and maintaining existing ones that benefit your overall health, energy level and mood is a “win-win” and now is the perfect time to think about how to make 5210+ healthy habits part of your every day.



Focus on one healthy habit at a time now to build the foundation for achieving all 5 in February!

With two months before the Challenge starts, it’s a great time to focus on one habit at a time to increase the likelihood of adoption. For example, start serving more water and less sugar-sweetened drinks to get your whole family working towards 0 sugary drinks. After a week or so, concentrate on finding new ways to get more fruits and vegetables into your day by adding them to hot cereal, smoothies, omelets and soups.

Once one habit is working for you, start working on another habit. By the time the Challenge rolls around in February, your family will be familiar with all 5 of the healthy habits increasing confidence and success in creating and continuing lifelong healthy habits, the 5210+ way!

Helping our community

Another cherished holiday tradition is volunteering or donating to charitable organizations. Join Healthy Hearts and Minds this holiday season in supporting our local community to ensure everyone can enjoy 5 or more servings of fruits and vegetables daily. *Fun fact: canned fruits and vegetables can be just as nutritious as fresh!* Click on the links to local food banks for more information.



[Weld County Food Bank](#)

[Larimer County Food Bank](#)

Healthy Hearts and Minds Program Updates

Save the date

**21st annual Healthy Kids 5210+ Challenge
February 2026**



Stay tuned for more information from your school or click [here](#).

BstrongBfit

BstrongBfit (BSBF) is a free program sponsored by Healthy Hearts and Minds and includes eight weeks of interactive lessons, teamwork, empowerment activities and running. The program is offered to interested schools each fall and spring and is led by dedicated school-based coaches/educators. At the end of eight weeks, there is a culminating 2-mile run for all coaches and participants. Click [here](#) to read more about the benefits of the program.



**BSTRONG
BFIT**

The BstrongBfit program:

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



This fall we had 11 teams participate in BSBF. The 2-mile run took place on Nov. 8 at North Lake Park in Loveland. It is always the very best day running and celebrating with these incredible students and coaches!

Healthy Kids, Healthy Start!

Our **first grade 5210+ education program** is currently being taught in a number of schools in northern Colorado. This 5-lesson standards-based curriculum introduces the 5210+ healthy habits in a fun and interactive way. Lessons are taught by the classroom teachers. Click [here](#) to learn more about Healthy Kids, Healthy Start.



Healthy Hearts and Minds classroom education and screenings

Healthy Hearts and Minds (HHM) hit a major milestone. Since 1992, HHM has screened over **80,000 students!**

For over 30 years, the Healthy Hearts and Minds program has empowered school-aged students with education, motivation and inspiration to prevent heart disease and cultivate lifelong habits of physical health and emotional wellness.

Click [here](#) to learn more.



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

Email healthykids@uchealth.org with your name and email address to be added to the Healthy Kids Mailing List.

uchealth.org/healthyhearts

[f](#) [UCHealth-Healthy Hearts and Minds](#)