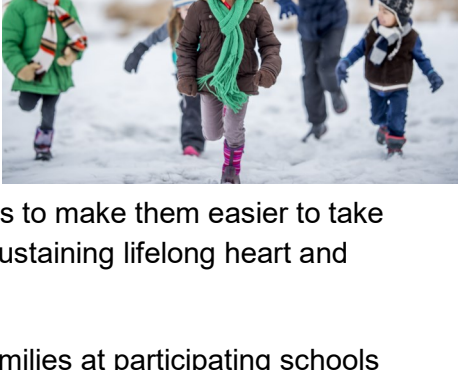


UCHealth Healthy Kids Connection is a bi-monthly source of news, resources and education to help keep northern Colorado families and schools healthy and connected.

February is Healthy Kids 5210+ Challenge Month

In its 21st year, the 5210+ Challenge promotes and supports healthy habit formation with consistent, kid-friendly messaging. Since healthy habits do not become habits overnight and take time and effort to make a part of a daily routine, the program Challenges students to practice the 5210+ healthy habits for the whole month of February. This reinforces the habits to make them easier to take form with the ultimate goal of creating and sustaining lifelong heart and brain health!



We are excited for the students, staff and families at participating schools to embrace the 5210+ healthy habits for one month, promoting lifelong heart and brain health. Click [here](#) to read about the Challenge’s impact on schools in northern Colorado and more about 5210+ along with tips and tricks for completing the Challenge. Show your heart (and mind) some love this February-take the Challenge!



Healthy Hearts and Minds Program Updates

Take the Challenge!

The Healthy Kids 5210+ Challenge is a FREE month-long program, held in February, where students and school staff learn and practice the 5210+ healthy habits every day. The goal is to get 5 servings of fruits and vegetables, no more than 2 hours of recreational screen time, 1 hour or more of physical activity, 0 sugary drinks and 9 or more hours of sleep. EVERY DAY!

Students at participating schools will receive a paper log to complete at home or at school. They will also receive the new Family 5210+ Bingo to complete at home. This family bingo board is designed to complement the student log, so your whole family can enjoy practicing the 5210+ healthy habits together at home.

5210+ CHALLENGE!

TAKE THE CHALLENGE!

1. Check off boxes as you make healthy choices.

2. Fill out this log every day.

3. Count your checkmarks at the end of the month.

4. Get 80+ checkmarks to earn a free shirt.

5. Submit your log by Thursday, March 5.

STUDENT TRACKING LOG

School district: _____ School: _____

First name: _____ Last name: _____

Grade: _____ Teacher (last name): _____

Total # of checkmarks: _____

Parent/guardian email: _____

5 Servings of fruits and vegetables

2 Hours or less of screen time

1 Hour or more of physical activity

0 Sugary drinks

+ 9 or more hours of sleep

Submit your log by Thursday, March 5.

5210+ CHALLENGE!

FAMILY 5210+ BINGO!

• Cross off the box when your family completes the healthy habit.

• Five boxes in a row (horizontally, vertically or diagonally) and you have a bingo.

• If you're up for a real challenge, see if your family can cross off all of the boxes!

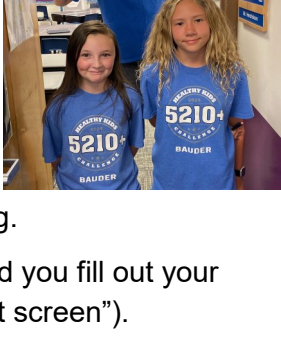
Have fun!

Scan here for more healthy tips.

Zero sugary drinks today.	Go on a family walk.	Fill half your plate with fruits and vegetables.	Read together for 20 minutes at bedtime.	Play a card or board game.
Try a new recipe together.	Write a note to a friend or family member.	Fill your water bottle before you leave home.	Family dance party!	Get a full night's sleep.
Make an obstacle course.	Turn off screens at least 1 hour before bed.	Talk to your family about your student log.	Screen-free day.	Eat a fruit or vegetable for a snack.
Go to bed 30 minutes earlier.	Try a new fruit or vegetable.	No technology during meal times.	Drink at least one glass of water per meal.	Stretch together as a family.
Read a book together.	Only drink water or milk today.	Play outside as a family.	Cook a healthy meal together.	Move your body as you sleep well tonight!

Tips and tricks for getting 80 checkmarks!

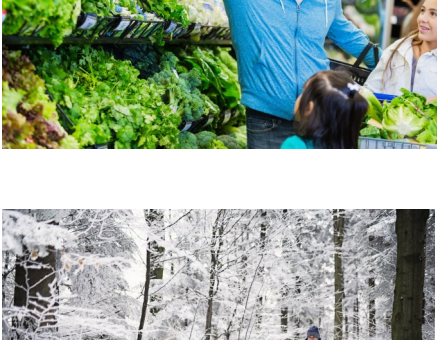
In previous years, we invited families to share their favorite tips for helping students achieve their 80 checkmarks and stay motivated throughout February and beyond. Here are some of our favorites:



- Post log(s) on fridge as a visible reminder to fill out log.
- Put sticky notes throughout house with reminders (“did you fill out your log today” “be sure to get some exercise” “turn off that screen”).

5 servings of fruits and vegetables

- Frozen fruit and vegetables are a great option when fresh is out of season.
- Shop together as a family to pick fruits and veggies.

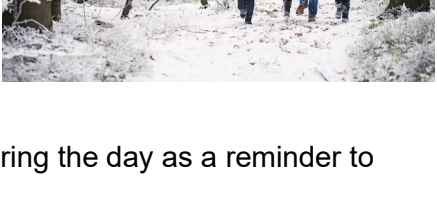


2 hours or less of screen time

- Put sticky notes on screens suggesting other ideas.
- Take a family walk.

1 hour of more of physical activity

- Plan active outdoor activities with friends/ other families during the Challenge.
- Go to a new park to play.



0 sugary drinks

- Keep your water bottle in a visible spot during the day as a reminder to drink water instead of a sugary drink.
- Don’t plan activities late in the evening that will interfere with bed time.
- Find fun books to read out loud as a family before going to sleep.

Students and staff at registered schools will receive their tracking Logs and family bingo at the end of January. For additional information including extra printable logs and mid-Challenge tips, visit the [Healthy Hearts and Minds website](#).

2026 Healthy Kids Run Series

Get ready for a fun-filled summer with the Healthy Kids Run Series! This series features 7 runs, including 3 in-person events and 4 on-your-own runs, all taking place at local parks throughout northern Colorado. Registration opens in early March, and a limited number of early registrants will have the chance to get a free Run Series t-shirt. Keep your eye on your email for details coming in early March.



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.



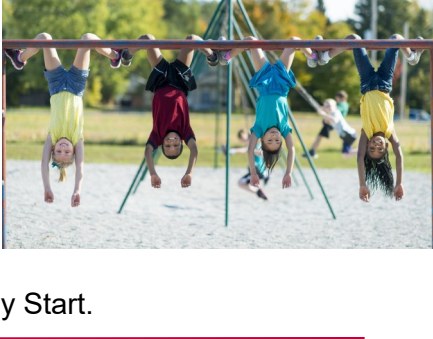
The BstrongBfit program:

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

This spring, we have 11 teams participating in BSBF. The celebratory 2-mile run will take place on Saturday, May 9 at Mehaffey Park in Loveland. Stay tuned for details on how you can come out and support these incredible students.

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 family program

The Healthy Hearts and Minds Family Program builds on our school-based initiative, inviting students and their families who are at increased risk for cardiovascular disease to learn and practice heart-healthy behaviors together. Research highlights the power of family learning, and graduates of our program report that this shared experience helps them support each other in making healthy changes. In addition to health screenings and coaching, this free program features 5 educational and interactive classes in:



- Nutrition
- Fitness
- Stress Management
- Tobacco and vaping avoidance
- Sleep

Click [here](#) to learn more about the program (navigate to the families section.)

Please note: Families are invited after their student has participated in the Healthy Hearts and Minds school-based education and screening.

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

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