Healthy Kids Connection

December 2026

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

Getting ready for the Healthy Kids 5210+ Challenge.

The 5210+ Challenge is right around the corner! Two months to go until the 2027 Healthy Kids 5210+ Challenge! In 2026, more than 24,000 students and staff completed the Challenge. Our goal is to beat that in 2027!

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 the 5210+ healthy habits part of your every day.

Focus on one habit now to build a strong foundation for all 5 in February



With only two months until the Challenge begins, now is a great time to start making small changes that lead to big results. Rather than trying to tackle all five habits at once, focus on one habit at a time. For instance, swap sugary drinks for water and work together as a family toward the goal of **0 sugar-sweetened beverages**. Then, challenge yourselves to add more fruits and vegetables throughout the day by including them in breakfast, snacks, and family meals.



Once a habit becomes part of your routine, add another healthy goal. By February, your family will be familiar with all five healthy habits and ready to take on the Challenge with confidence. The habits you build today can help support a lifetime of healthy choices, 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

Larimer County Food Bank
Most needed items during the holiday. Click here.

Weld Food Bank
Most needed items. Click here

Healthy Hearts and Minds Program Updates

Save the date
22nd annual Healthy Kids 5210+ Challenge
February 2027







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 celebratory 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 fall we had 8 teams participate in BSBF. The 2-mile run took place on Nov. 7 at North Lake Park in Loveland. It is always the very best day running and celebrating with these incredible students and coaches!

BSTRONG BFiT

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.

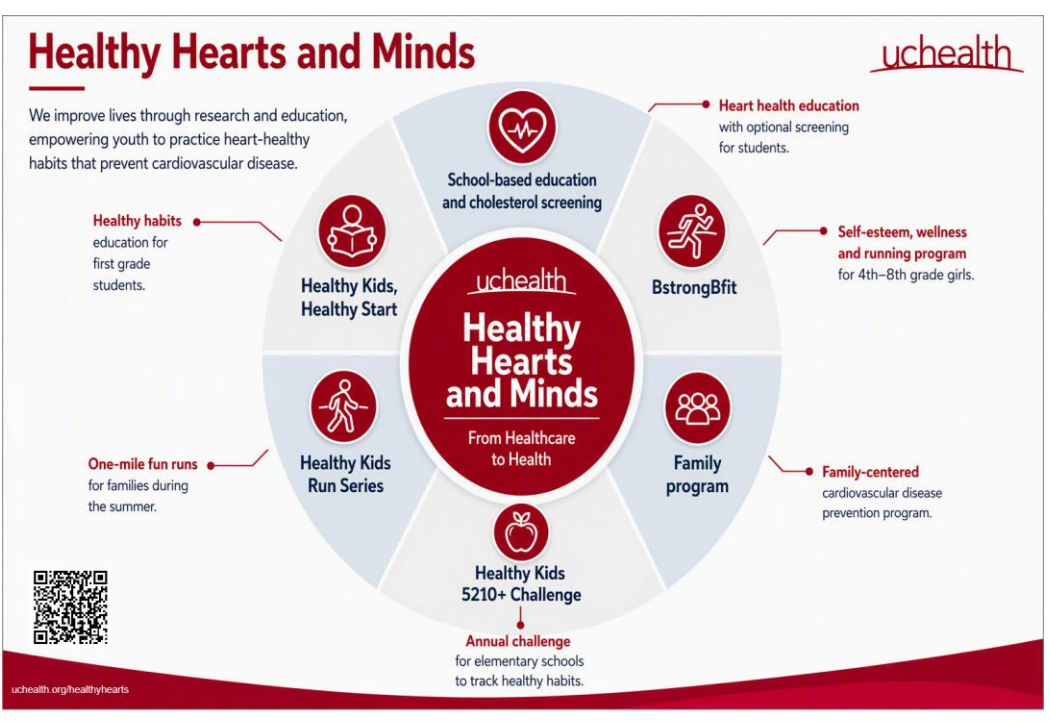
Healthy Hearts and Minds classroom education and screenings



Healthy Hearts and Minds (HHM) hit a major milestone. Since 1992, HHM has screened over **87,000 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 quarterly to Elementary Office Managers, PE teachers and the Healthy Hearts and Minds mailing list.

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

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