

Healthy Habits are as Simple as 5-2-1-0

Just add these tips into your daily routine!

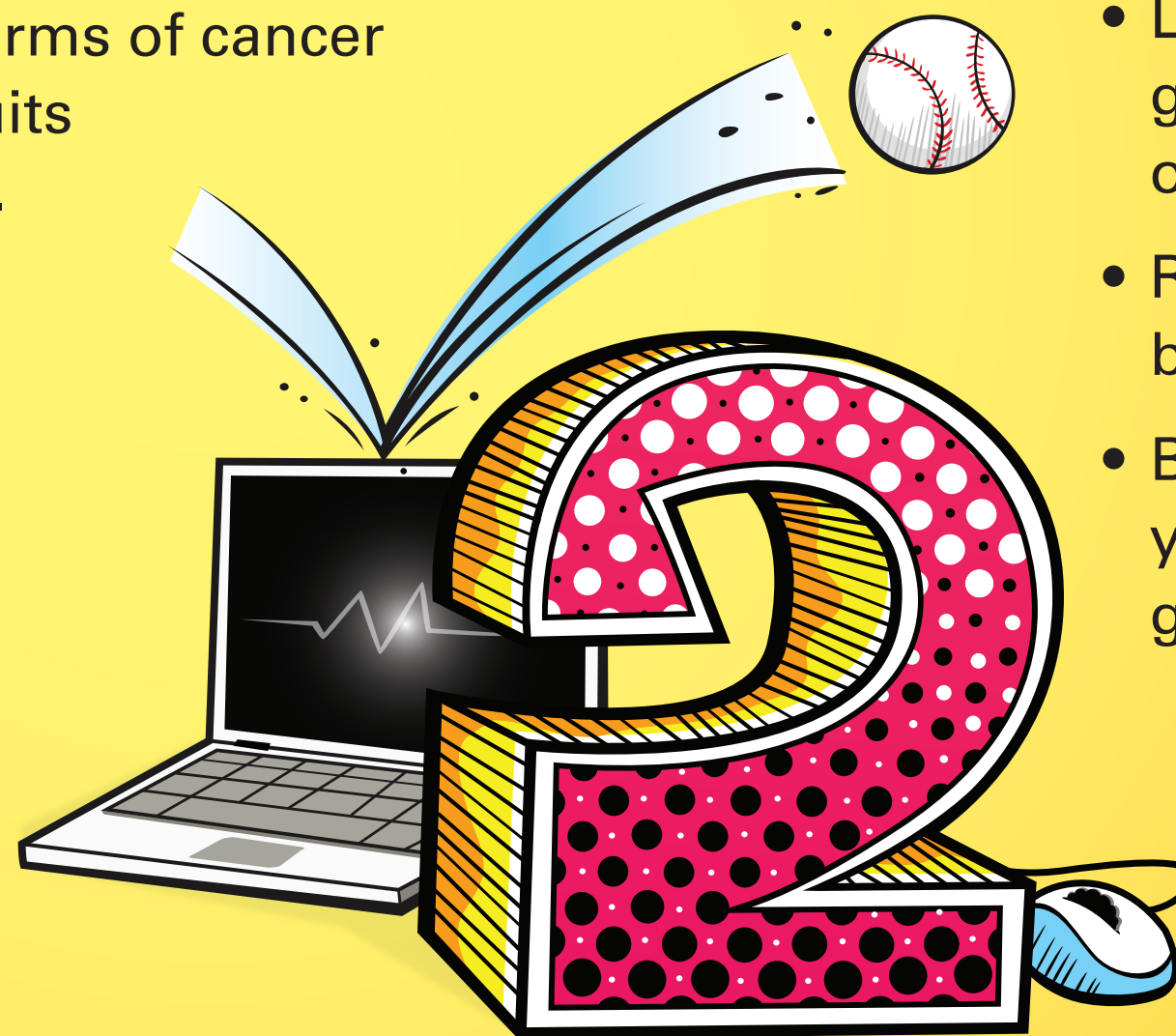


Eat 5 servings of fruits and veggies every single day.

- Each day, eat at least 5 servings of fruits and vegetables. Use this as an opportunity to try new foods.
- Cook more meals at home with your family.
- Prevent diabetes, heart disease and many forms of cancer by eating fruits and veggies.

Get at least 1 hour of physical activity.

- Mow the lawn, wash your car or vacuum. You can be physically active when you are doing chores.
- Join a school sports team, outdoor club or take a dance class.
- Take a walk with your friends after school.



Limit screen time to 2 hours or less.

- Limit screen time (TV, video games, computers) to 2 hours or less per day.
- Remove the TV from your bedroom.
- Be physically active before you watch TV, play video games or use the computer.

Limit sweetened drinks to 0.

- Avoid sweetened drinks such as soda and sports drinks.
- Drink water between meals because it helps you feel full.
- Add lemons or limes to your water for added flavor.



Get in on the action and talk to your doctor to learn how you can be healthy every day.



An Association of Independent Blue Cross and Blue Shield Plans