5-2-1-Almost None

Staying Healthy, by the Numbers

5

Every day:

Eat 5 or more servings of fruits and vegetables.

Try a new fruit or veggie each week.
How about veggie toppings on pizza?

2

Spend less than 2 hours on the computer or watching TV.

Go outside and play instead.
Or dance to music inside.

1

Be active for at least 1 hour.

Playing games like tag and hide-and-seek help keep you healthy. Sports like basketball, soccer, and swimming can, too. Running, ballet, and riding bikes are great ways to be fit.

almost none

Skip sugary drinks.

Most soda, juice drinks, and sports drinks are sugary drinks. Water and milk are better for your body.

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