



5•2•1•0 Helps Kids Stay Healthy

5

5 or More Fruits and Veggies

The more your kids try them, the more they'll like them.

2

2 Hour or Less of Screen Time

Staying on the computer or TV too long keeps kids from doing more active things.

1

1 Hour or More of Heart-Pumping Active Play

Run, jump, dance, hop or bounce. It doesn't matter as long as kids keep moving.

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0 Sugar-Sweetend Drinks

When kids get thirsty, water rocks! So serve it up and avoid sodas and juices

BeAHealthyHero

For More Healthy Resources Visit BeAHealthyHero.org.



Ventura County Health Care Plan

Ventura County Health Care Plan

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