

# HOW TO LIVE 5-2-1-0



## Eat five fruits and veggies every day

- Keep a bowl of fruit and raw veggies out for kids to grab and start dinner with salad.
- Introduce new foods to your children, but it may take a few attempts before they enjoy a new taste.
- Get the whole family involved with preparing and cooking food, and eat together whenever possible.



## Less than two hours of screen time daily

- Power **DOWN** TVs, video games, computers and other electronics. Power **UP** family games, outings and activities.
- Keep board games, books and puzzles on hand as an alternative to TV.
- Post the drop-in Rec Centre schedules on the fridge for a quick reference.



## One hour of activity every day

- Give children space and time to play. Keep a bag of sports equipment on hand.
- Choose fun, active family outings such as hiking or playing games at the park.
- Set an example and live an active lifestyle. Children of active parents are more likely to be active themselves.



## Zero sugar-sweetened drinks

- Avoid sugar sweetened drinks, like pop and fruit punch. They provide little nutritional value and are packed with sugar.
- Add fresh slices of lemon or cucumber to water for refreshing flavour.
- Caffeine, energy and sports drinks are not recommended for children. Plain milk or unsweetened milk alternatives are healthy alternatives to sugary drinks.

## What is Be Active Every Day?

Doctors of BC's public health campaign encourages kids aged 5-11 to be more active and make healthy choices. Doctors coordinate with local schools to challenge kids to get at least one hour of activity, every day, in October.

Kids receive an activity guide where they can set goals, track their activities, and learn the simple 'Live 5-2-1-0' steps to be healthy every day.

### Why are doctors challenging kids to be active at least 60 min every day?

Only 9% of kids aged 5 - 11 meet the recommended Canadian guidelines of 60 minutes of physical activity every day. BC's doctors want our children to learn healthy habits so they can grow into healthy young adults.

Doctors challenge kids to get at least 1 hour of activity each day to encourage active, healthy lifestyles and positive habit-forming behaviours .



be active every day

doctors of bc

### How can I help?

#### Parents

- Help your child achieve their fitness goals by setting aside time to be active as a family.
- Hang this poster up in your home and talk with your kids about what each number means.
- Visit [be-active.ca](http://be-active.ca) for active videos you and your family can do.
- Help kids choose healthy snacks and drinks.

#### Teachers

- Remind students to complete their activity books.
- Hang this poster up in your classroom and talk with your kids about what each number means.
- Visit [be-active.ca](http://be-active.ca) for active videos your students can use to get moving.