

Live 54321+10[®]

It takes just a few small steps each day for kids to stay healthy...

Numbers to live by!



Fruits and veggies are colorful, taste great, and do good things for your body.

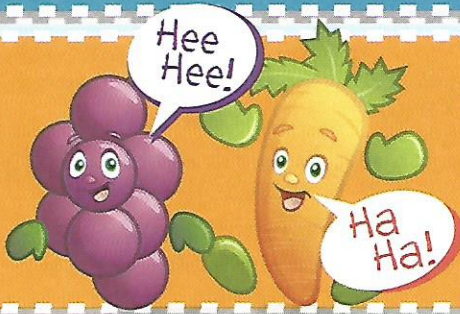
5 servings fruits & vegetables

Eat a rainbow every day!



4 glasses water

Choose water, low-fat milk, or 100% juice when you're thirsty instead of sugary drinks.



3 good laughs

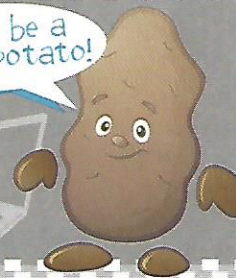
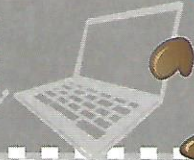
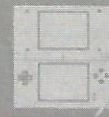
Share a funny story or joke with a friend. Laughing and giggling adds to your happiness.



Turn off the TV and step away from the computer. Read a book, play a game, or spend time outside.

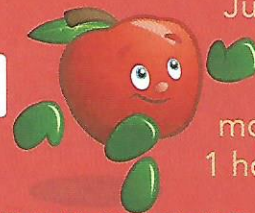
2 hours or less screen time

Don't be a couch potato!



1 hour physical activity

Jump, skip, run, dance, swim, skate... move your body 1 hour every day.



Get plenty of sleep each night to be ready for school and play!

+10 hours or more sleep

