

5-2-1-0 Is the Number to Know!

This February your fifth-grader will be participating in the *Walk On!* Challenge, a free health education program offered to all Arizona schools by Blue Cross Blue Shield of Arizona.

The Challenge is to meet the **5-2-1-0 goal** every day in February:

- 5** – Eat five fruits and vegetables every day
- 2** – Limit screen time (TV, video games, computers) to two hours or less per day
- 1** – Get at least one hour of physical activity each day
- 0** – Avoid sweetened drinks, filling up on water instead

Every good challenge requires a little motivation. This year every student who submits a completed challenge calendar will receive a popular drawstring backpack. And any student who meets the goal at least 15 days in February will be entered to win a new **iPod Nano** or a **\$25 gift card** to a sporting goods store.

To help your child be successful in meeting the **5-2-1-0 goal** every day, you can look for fun ways to work on it at home, too. Try adding these fun tips to your family's routine:

- Try a new recipe at dinner that contains at least two fruits or vegetables. Involve your child in the selection and preparation process to improve their willingness to give the meal a try.
- Instead of watching TV at night, have "family time" after dinner and play games, tell stories or do other fun things.
- Go for a walk to the park or challenge each other to a game of basketball or a jump rope competition. It doesn't matter what you do as long as you're moving.
- Trade high-sugar drinks like juice or soda for water. It's better for your body and less expensive.
- Eat meals at home and try to eat with the whole family as often as possible.

For more tips on meeting the 5-2-1-0 goal, please visit azblue.com/WalkOn.

Research shows that more than one-third of Arizona's children are overweight or obese. This alarming statistic inspired Blue Cross Blue Shield of Arizona to develop the *Walk On!* Challenge as a fun way to combat childhood obesity and teach children healthy habits they can use now and in the future.

