

Blue Cross Blue Shield of Arizona
Challenges Arizona Fifth-Graders to

Outrun Obesity



BlueCross
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of Arizona

An Independent Licensee of the Blue Cross and Blue Shield Association

walk On! SM

Walk On! for a Healthier You

What it is...

The *Walk On!* Challenge is a fun, educational program designed to motivate Arizona fifth-graders like you to make healthy choices every day. From what you eat to how much you exercise, it's up to you to make choices for a healthier you. It's simple when you remember **5-2-1-0**:

- 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

How you do it...

For the 2012 *Walk On!* Challenge, track your daily minutes of exercise, the number of fruits and vegetables you eat, how much screen time you get and how many sweetened drinks you have every day in the month of February, aiming to meet the daily goal of **5-2-1-0**.

Why it matters to you...

Building healthy habits will give you the strength and energy you need to stay fit and active, whether you're rounding the bases for a winning home run, dancing to your favorite song, or studying for a big test. *Walk On!* will show you how easy it is to make healthy food choices and work a healthy dose of exercise into your life every day.

Participate in *Walk On!* for the chance to win great prizes!

Every fifth-grader who participates and turns in his or her tracking calendar to the teacher will receive a popular *Walk On!* drawstring backpack. Kids who successfully reach the 5-2-1-0 goal at least 15 days during the month of February will get the chance to win a new **iPod® Nano*** complete with touch screen, pedometer and exercise clip, or a **\$25** gift certificate to Big 5 Sporting Goods**.

*Apple is not a participant or sponsor of this program and is not affiliated in any way with Blue Cross Blue Shield of Arizona.

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5 Stretch



Eat 5 servings of fruits and veggies every single day.

Examples of fruits and veggies:

apples • bananas • oranges • berries • grapes • pears • plums • melon • canned fruit (packed in 100% juice or water) • asparagus • broccoli • beans • lentils • peas • carrots • celery • spinach • collard greens • tomatoes • peppers • canned veggies

5

2 Hoot



Limit screen time to 2 hours or less.

Screen time includes:

watching TV, videos or DVDs • playing or being on a computer • playing regular and hand-held video games • going to the movies • instant messaging or online chatting

2

Spark



Get at least 1 hour of physical activity.

Examples:

walk to and/or from school • jump rope • ride a bike • play catch • jump, skip or hop to music

1

Flip



Limit sweetened drinks to 0.

Examples of sweetened drinks to stay away from:

soft drinks, soda, pop • juice drinks • chocolate milk • sports drinks

Instead, drink:

water with lemon, lime or orange to add flavor • 1% or skim milk • unsweetened drinks • ask your physician (doctor) about other healthy drink options

0

Healthy Habits Are Up to You

Use this calendar to record what you eat and the activities you do each day. Remember, the five fruits and veggies, no more than two hours of screen time, one hour of physical activity, and no sugary drinks. Use the space provided to make notes and track your progress. At the end of the month, count how many days you met the daily 5-2-1-0 goal and turn it in to your teacher. Make sure you

	Sunday	Monday	Tuesday
5-Fruits and veggies 2-Screen time 1-Physical activity 0-Sweetened drinks			
5-Fruits and veggies 2-Screen time 1-Physical activity 0-Sweetened drinks	5 _____ 5	5 _____ 6	5 _____ 7
5-Fruits and veggies 2-Screen time 1-Physical activity 0-Sweetened drinks	5 _____ 12	5 _____ 13	5 _____ 14
5-Fruits and veggies 2-Screen time 1-Physical activity 0-Sweetened drinks	5 _____ 19	5 _____ 20	5 _____ 21
5-Fruits and veggies 2-Screen time 1-Physical activity 0-Sweetened drinks	5 _____ 26	5 _____ 27	5 _____ 28

Super Tip:
Tell everyone in your family to avoid drinks that have sugar.

Your name _____

Return this tracking sheet to your Teacher on February 29 to earn your rewards!

Super Tip:
Avoid eating food in front of the TV.

The goal is 5-2-1-0:
5 servings of fruits and vegetables, 2 servings of whole grains, 1 serving of protein, and zero sweetened drinks. Your name is on it!

February 2012

Wednesday	Thursday	Friday	Saturday
<p>5 _____ 1</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>	<p>5 _____ 2</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>	<p>5 _____ 3</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>	<p>5 _____ 4</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>
<p>5 _____ 8</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>	<p>5 _____ 9</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>	<p>5 _____ 10</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>	<p>5 _____ 11</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>
<p>5 _____ 15</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>	<p>5 _____ 16</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>	<p>5 _____ 17</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>	<p>5 _____ 18</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>
<p>5 _____ 22</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>	<p>5 _____ 23</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>	<p>5 _____ 24</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>	<p>5 _____ 25</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>
<p>5 _____ 29</p> <p>2 _____</p> <p>1 _____</p> <p>0 _____</p>			

Super Tip:
Avoid eating fried foods and look for healthier options like baked or grilled foods instead.

Total number of days you met the **5s** in the month _____

Total number of days you met the **2s** in the month _____

Total number of days you met the **1s** in the month _____

Total number of days you met the **0s** in the month _____

How many days in the month did you meet the whole **5-2-1-0** goal? _____

Did you meet the **5-2-1-0** goal at least 15 days? Check yes or no.

Super Tip:
Join a sports team, outdoor club or dance class.



Blue Cross Blue Shield of Arizona says

**5-2-1-0 is the
number to know**