

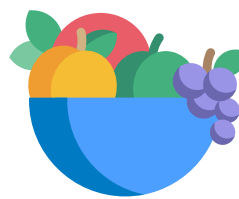


5210 Let's Go!

5210 Let's Go! is an easy-to-remember plan to help you and your family implement healthy habits. Start with one and work your way up to the full 5210 Let's Go! plan.



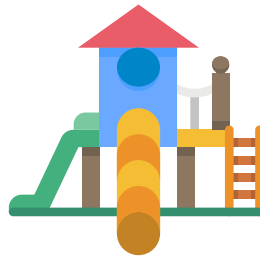
5 servings of
fruits and
vegetables



2 hours (or less)
of screen time



1 hour (or more)
of physical
activity



0 sugary or
sweetened
beverages

