

Children and Youth: A Guide to 95210

What is 95210 for Health™?

95210 for Health™ is an easy-to-remember formula to help you live a healthy lifestyle. The 95210 for Health™ daily habits include:

- 9** Get at least 9 hours of sleep per day
- 5** Eat 5 servings of fruits and vegetables per day
- 2** Limit screen time to no more than 2 hours per day
- 1** Get at least one hour of physical activity per day
- 0** Avoid beverages with added sugar

What can you do to start using 95210 for Health™?

Here are 10 things you can do to improve your health and promote life-long healthy habits.

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| 9 Hours of Sleep | |
| 1. Create a regular schedule for bedtime and stick to it. | |
| 2. Relax before going to bed—avoid television, computer use, or studying for one hour before going to bed. | |
| 5 Fruits/Vegetables | |
| 3. Add 2 fruits and 1 vegetable to each meal. | |
| 4. Ask your parents to buy fruits and vegetables so you can have them for a snack when you're hungry. | |
| 2 Hour Limit on Screen-Time | |
| 5. Read, play a game or go outside instead of watching television or playing a video game. | |
| 6. Ask your parents to turn off the television during meal times. | |
| 1 Hour of Physical Activity | |
| 7. Find a friend or family member to take a walk, ride a bike, or play outside with you. | |
| 8. Look for ways to add physical activity to your daily routine, like walking your dog, exercising while you watch television, or walking to school. | |
| 0 Sugar-Added Beverages | |
| 9. Drink water, low-fat milk, or 100% juice with your meals and snacks. | |
| 10. Remember to take a water bottle with you when you're physically active. It will keep you hydrated and you won't be tempted to buy a sugar-added beverage. | |

Learn more!

Go to www.NorthernVirginiaHealthyKids.org to learn more about 95210 for Health™

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