5210
make TODAY count!

HEALTHY HABITS FOR HEALTHY COMMUNITIES

- 5 or more servings of fruits & vegetables
- 2 hours or less recreational screen time*
- 1 hour or more of physical activity
- 0 sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

www.weldhealth.org
www.northcoloradohealthalliance.org