



Eat

Eat 5 fruits & veggies every day



Reduce

Reduce screen time to 2 hours a day



Play

Play hard for 1 hour every day

Help Your Child Grow Up Healthy



LET'S MOVE! MISSOULA

www.5210missoula.com

United Way of
Missoula County



Sponsored by PacificSource Health Plans



Limit

Limit sweet drinks to as close to 0 as you can



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