

# Help Your Child Grow Up Healthy



## Eat

Eat 5 fruits & veggies every day



## Reduce

Reduce screen time to 2 hours a day



## Play

Play hard for 1 hour every day



## Limit

Limit sweet drinks to as close to 0 as you can



**LET'S MOVE!**  
MISSOULA

[www.5210missoula.com](http://www.5210missoula.com)

United Way of  
Missoula County



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# LET'S MOVE!

## MISSOULA

# Help Your Child Grow Up Healthy



## Eat

### Eat 5 fruits & veggies every day

- Fruits and vegetables have lots of vitamins to keep your family full and healthy.
- Pack fruits and vegetables for lunch and give them as snacks.



## Reduce

### Reduce screen time to 2 hours a day

- Screen time means TV, phones, computers, iPads and video games.
- Kids see too many junk food ads on the screen. And too much screen time means not enough exercise and play.



## Play

### Play hard for 1 hour every day

#### Do it together!

- Take a walk
- Ride bikes
- Jump rope
- Shoot baskets or kick a ball
- Throw a frisbee
- Work in the yard



## Limit

### Limit sweet drinks to as close to 0 as you can

- Sweet drinks are like candy. A bottle of pop has about a half cup of sugar. That's twice as much as you should have in one day.
- Eating too much sugar can cause obesity, liver disease, cavities and heart disease.
- Many sweet drinks also have caffeine, which is not good for kids.

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