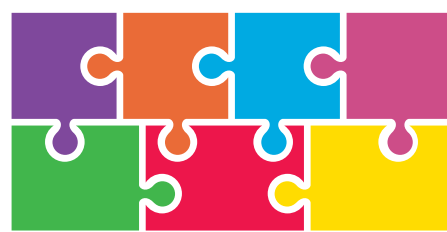


# 5210 Every Day!

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 beverages, drink more water

\*Keep all screens out of the bedroom. No screen time under the age 2 and 1 hour or less for ages 2-5.



SAN DIEGO COUNTY  
**CHILDHOOD  
OBESITY  
INITIATIVE**

Working Together to Shape a Healthy Future  
*Facilitated by Community Health Improvement Partners*

[www.5210SanDiego.org](http://www.5210SanDiego.org)



COMMUNITY HEALTH  
IMPROVEMENT PARTNERS  
*making a difference together*