

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.



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

www.5210SanDiego.org

Core funding provided in part by:



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Adapted from the Let's Go! program in Maine.