

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 drinks, more water & low fat milk

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



SAN DIEGO COUNTY
**CHILDHOOD
OBESITY
INITIATIVE**

Working Together to Shape a Healthy Future




**LIVE WELL
SAN DIEGO**

www.5210SanDiego.org

Coast2Coast Rx Card
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COMMUNITY HEALTH
IMPROVEMENT PARTNERS
making a difference together

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