

# 9 • 5 • 2 • 1 • 0 Tips and Activities for the whole family!



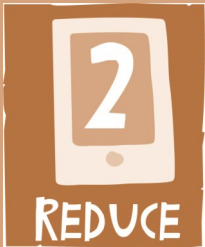
## **9 Hours of Sleep: Get at least 7-9 hours of sleep as an adult and 9-11 hours as a child**

- Set up a sleep schedule; go to bed and get up at the same time every day
- Create a bedtime routine; take a warm bath or shower, read, or listen to soothing music
- Create a comfortable sleep environment; cool, dark, and quiet; use an eye mask and/or a fan
- Be conscious of what you eat or drink before bed; don't go to bed hungry or full & limit drinks
- Do not allow kids to have phones or iPads/laptops in their bedroom overnight



## **5 Fruits and Vegetables: Eat 5 or more servings of fruits and vegetables everyday**

- Make half your plate fruits and/or vegetables; include at least 1 or 2 servings at each meal
- Be creative; add fruits and vegetables to cereal, scrambled eggs, sandwiches, pizza and pasta; double the amount of fruits or vegetables called for in a recipe
- Make it easy & fun; prepare and pack precut fruits and vegetables to grab as a snack or blend up a smoothie
- Go for fresh, frozen, or canned; check out the local farmers markets or grocery store for fresh produce & pack your freezer with frozen fruits and vegetables; beware of canned fruits or vegetables with added sugar or sodium



## **2 Hours or Less of Recreational Screen Time: Limit time in front of the TV & recreational/non-productive time on computers/tablets or phones**

- Set screen time limits; replace with other activities such as going for a walk, dancing, reading, coloring, gardening/cooking or any other activities/hobbies
- Have screen free meal time
- Create screen free bedrooms; don't allow kids to have TVs in their bedroom



## **1 Hour of Physical Activity: Spend at least 1 hour being active each day**

- Make it part of your daily routine; walk or bike when you can
- Get active together; play games/sports with the whole family or find activities to participate in with friends
- Keep it engaging & fun; bike, dance, swim, run, paddle/row, jump, play
- Vary the activities; include aerobic (raises heart rate) & strengthening (builds muscles)



## **0 Sugary Beverages: Limit sugary beverages such as soda, fruit drinks and sports drinks**

- Drink water; flavor by adding a slice of lemon, lime, orange or cucumber
- Limit 100% fruit juice to ½ cup per day; add water or seltzer to the juice



# Get Great Sleep

## How much sleep is enough?

Sleep suggestions from the National Sleep Foundation:

- Preschoolers (3-5 years old) need 10-13 hours of sleep a night
- School Age kids (6-13 years old) need 9-11 hours of sleep a night
- Teens (14-17 years old) need 8-10 hours of sleep a night

**Sleep Log:** Fill out this sheet for 1 week. Look at the days when you didn't get enough sleep or felt tired during the day. What could you do to get a better night's rest every night?

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Yesterday, I exercised for this many minutes:							
Yesterday, I: (check all that apply)							
Ate too much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Didn't eat enough	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had a drink with caffeine, like soda or tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yesterday, I: (check one)							
Had lots of energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Was tired all day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Felt sleepy in the afternoon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yesterday, I took a nap. (check one)							
True	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
False	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Last night, I went to bed at this time:							
Last night, I fell asleep at this time:							
Today I woke up at this time:							
Last night, I slept for this many hours:							



# Eat Well

## Eat 5 fruits and vegetables every day!

Fruits and vegetables contain vitamins, minerals, fiber, and antioxidants. They are an important part of our overall health. At each meal, make half your plate fruits or vegetables. They also make great snacks! Add them to yogurt for a healthy dessert.

### Yogurt Parfait

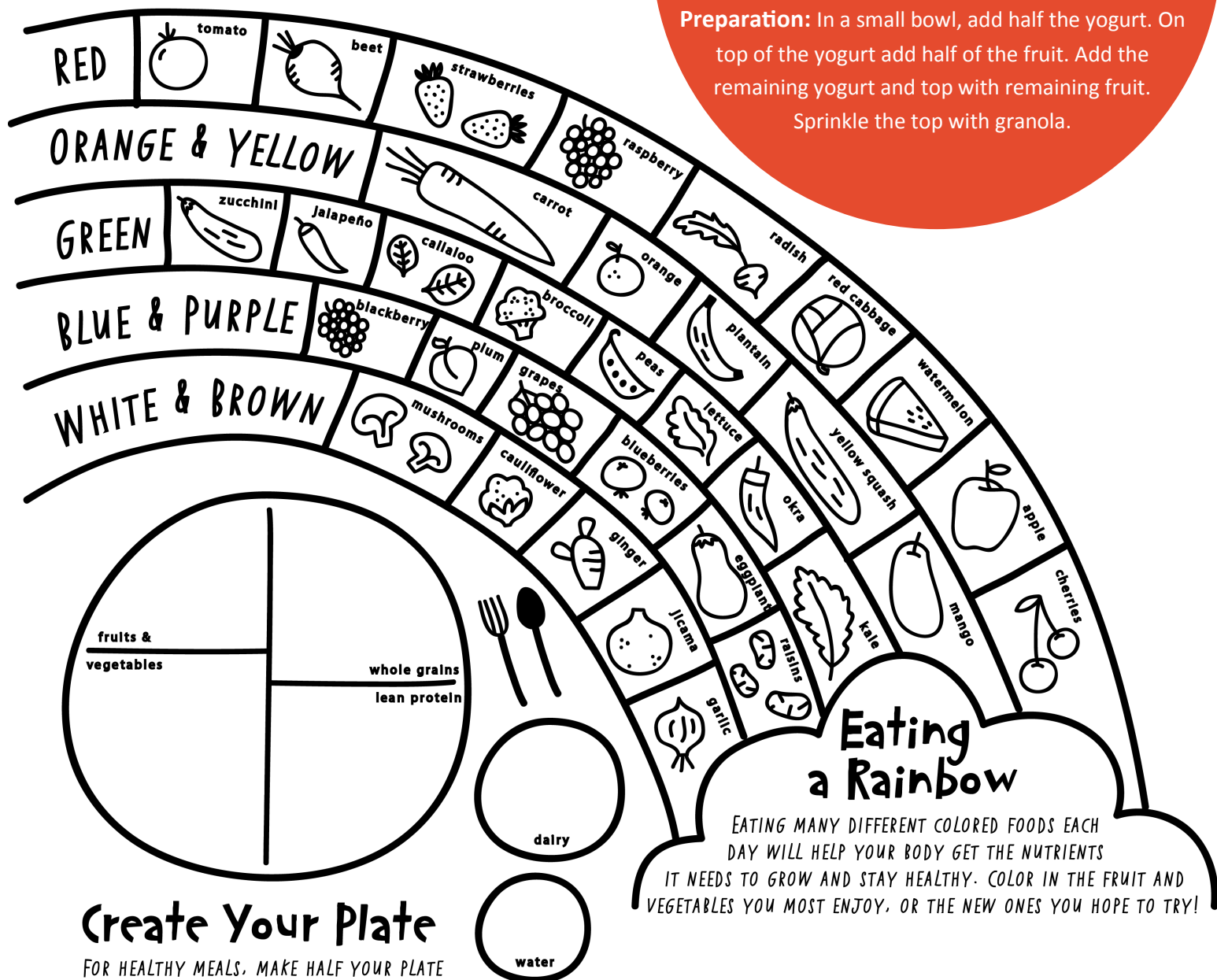
#### Ingredients:

1/2 cup plain yogurt

1/2 cup fresh or frozen fruits such as berries, bananas, peaches, mangoes

1 TBSP granola (optional)

**Preparation:** In a small bowl, add half the yogurt. On top of the yogurt add half of the fruit. Add the remaining yogurt and top with remaining fruit. Sprinkle the top with granola.



### Create Your Plate

FOR HEALTHY MEALS, MAKE HALF YOUR PLATE FRUITS AND VEGETABLES! DRAW YOUR MEAL. IS IT BALANCED WITH FOODS FROM EACH FOOD GROUP?

### Eating a Rainbow

EATING MANY DIFFERENT COLORED FOODS EACH DAY WILL HELP YOUR BODY GET THE NUTRIENTS IT NEEDS TO GROW AND STAY HEALTHY. COLOR IN THE FRUIT AND VEGETABLES YOU MOST ENJOY, OR THE NEW ONES YOU HOPE TO TRY!



REDUCE

# Limit Screen Time

## What is screen time?

Screen time includes time watching TV, playing video games, using a computer, and using mobile devices such as smartphones and tablets. Limiting screen time can lead to a healthier lifestyle including increased physical activity and a healthier diet. Use the following list of activities to get moving and reduce recreational screen time. Check each box as you complete the activity!



### Indoor activities:

- ☐ Have a dance party.
- ☐ Build a fort.
- ☐ Set up an obstacle course.
- ☐ Play hide and seek.
- ☐ Play Red Light Green Light.
- ☐ Play Freeze Dance.
- ☐ Play Simon Says.
- ☐ Play balloon volleyball.
- ☐ Do an art project.
- ☐ Make a healthy snack.

### Outdoor activities:

- ☐ Take a walk.
- ☐ Ride your bike or scooter.
- ☐ Play catch.
- ☐ Go to a park or playground.
- ☐ Go for a hike.
- ☐ Play Frisbee.
- ☐ Plant a garden.
- ☐ Do a water balloon toss.
- ☐ Draw with sidewalk chalk.
- ☐ Go apple/berry picking.
- ☐ Go camping.
- ☐ Fly a kite.
- ☐ Go on a nature walk.
- ☐ Go swimming.
- ☐ Go to a farmer's market





# Get Moving



8

2

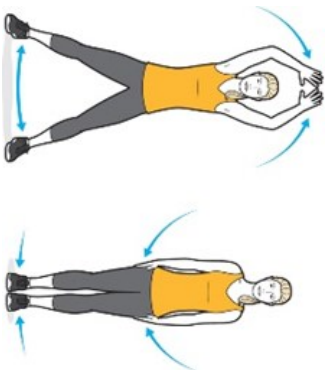
10

4

12

6

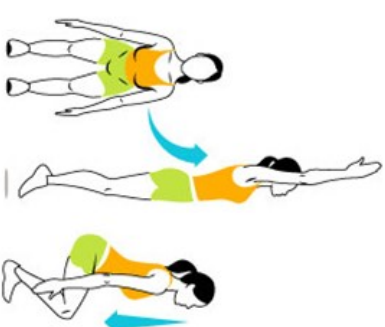




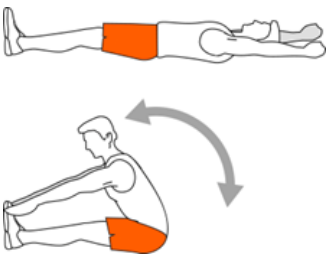
Jumping Jacks



High Knees



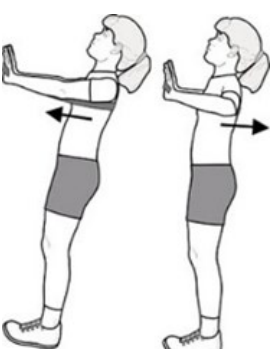
Squat Jumps



Toe Touch



Sit-Ups



Push-Ups

## Make Your Own Fitness Dice

1. Cut out squares
2. Get 2 small boxes, such as a tissue box
3. Tape activities to one box and numbers to the other box
4. Roll "dice" and get active!







# Reduce Sugar

## How can I reduce sugar in my beverages?

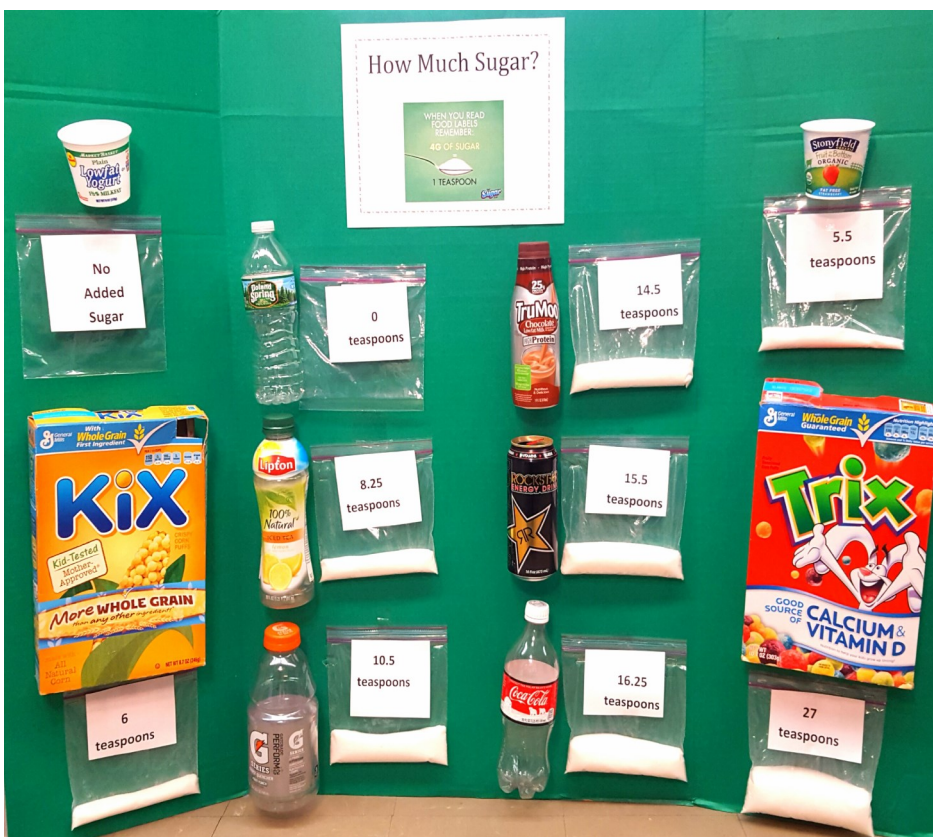
Did you know that soda has no nutritional value? It can also contain caffeine, which children do not need. Instead of soda, add fruit like lemon or lime to your water. If you do buy juice, choose only 100% fruit juice and dilute by adding water. For a treat, add seltzer water.

Milk is a great drink choice and also contains calcium, which is good for our bones.

## How can I reduce sugar in my food?

Watch out for sugar in foods too! Breakfast cereals and yogurt with fruit can contain as much sugar as some desserts. Look for cereals,

such as Kix, Cheerios and Life. Instead of sweetened instant oatmeal, choose plain oatmeal and add berries or bananas. Add fruit to plain yogurt to make a parfait.



## How much sugar?

You can calculate the number of teaspoons of sugar in a food or beverage by dividing the total grams of sugar listed on the nutritional label by 4. For example, if there are 24 grams of sugar then you divide 24 by 4 to find out that there are 6 teaspoons of sugar.

# 9•5•2•1•0 RESOURCES

**5210 Let's Go!** - Childhood obesity prevention program:  
[www.lets.go.org](http://www.lets.go.org)

**Sleep for Kids** - Teaching kids the importance of sleep:  
[www.sleepforkids.org](http://www.sleepforkids.org)

**Kids Health** - What sleep is and why all kids need it:  
[www.kidshealth.org/en/kids/not-tired.html](http://www.kidshealth.org/en/kids/not-tired.html)






**National Sleep Foundation** - How sleep impacts health:  
[sleepfoundation.org](http://sleepfoundation.org)

**American Heart Association** - Healthy eating and physical activity:  
<http://www.heart.org>

**USDA MyPlate** - 5 food groups that are the building blocks of health:  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

**Chop Chop** - The fun cooking magazine for families  
<http://www.chopchopmag.org/recipes>

**Center on Media and Child Health** - Nurturing children's health in media-rich environments:  
<http://cmch.tv>

9•5•2•1•0	
These Healthy Numbers are good to know!	
Today did you:	Yes!
9  GET AT LEAST 9 HOURS OF SLEEP?	<input type="checkbox"/>
5  EAT AT LEAST 5 SERVINGS OF FRUITS AND VEGETABLES?	<input type="checkbox"/>
2  LIMIT SCREEN TIME TO 2 HOURS OR LESS?	<input type="checkbox"/>
1  GET AT LEAST 1 HOUR OF PHYSICAL ACTIVITY?	<input type="checkbox"/>
0  ELIMINATE SUGAR-ADDED DRINKS?	<input type="checkbox"/>

## SHAPE UP SOMERVILLE!

