

November: **Get Up Montgomery County**



Handy tips on living

5-2-1- Almost None !

"5-2-1-Almost None !" is a public education campaign to bring awareness to the daily guidelines for nutrition and physical activity. Public Health Dayton & Montgomery County has adopted the program to address the County's health crisis of overweight and obese children and families. Its message is simple and clear and represents some of the most important steps families can take to prevent obesity:

✓ Eat 5 servings of fruits and vegetables each day.

- Fruits and vegetables are excellent sources of vitamins, minerals and nutrients. Try to eat whole fruit instead of drinking juices.
- Serve a fresh fruit or vegetable at every meal. Plan ahead. Check out easy [African American](#) style recipes, [Vietnamese](#) style recipes, and [Spanish](#) style recipes by using the link below.
- Avoid foods that are processed or canned in syrup that may contain sauces or sugars. If you can't get fresh, switch to frozen instead of canned.
- Monitor your kids' eating habits. Set a good example.
- Visit a local farm or farmer's market. Grow your own! Try a new fruit or vegetable!
- [Click here](#) for great recipes for cooking with fruits and vegetables.

✓ Spend less than 2 hours of leisure time each day on TV, video and/or computer games.

- Many children spend 7 hours a day connected to mobile phones, video games, TV and computers.
- Screen time takes away from physical activity and active play that every child needs.
- Children who sit in front of a TV or video game often snack on unhealthy foods. We tend to eat more while multi-tasking because we don't pay attention to how much we are eating.
- Help your child find a new hobby. Discover bugs in the backyard or park, join a jump rope team, play an instrument, plant a garden together, or ride a bike.

- Do not allow TV during dinnertime – spend that time talking about each other's day. According to tvturnoff.com, on average, today's parent spends only 38 minutes per week in meaningful conversation with their kids, compared to 31 1/2 hours watching TV!
- Did you know that kids who watch less than an hour of TV a day scored the best on achievement tests? Check out [this report](#) for more details. Let's help everyone reach their fullest potential. Make the TV a special treat for the occasional favorite show.

✓ **Get at least 1 hour of active play each day.**

- Get creative and use your imagination to come up with ways your child can take part in "active play." That means something that gets the heart rate up! Your child shouldn't be out of breath, but you do want them to pick up the pace a bit from their normal activity level.
- Plan an activity that you like and start by doing 10 minutes at a time. Every little bit adds up, and the health benefits increase as you spend more time being active!
- Try activities that both of you will enjoy. Commit to taking a walk or bike ride after dinner, play basketball, go skating, walk the dog, or turn up the music and dance around the house.
- Share outdoor games with your child that you used to enjoy. Do you remember hide and seek, Red Rover, hop-scotch and 4-square? Taking time for fun decreases adult stress, too!
- Are you a runner or do you want to be? Check the link below for a handy calculator for determining how many calories you burned while running. Need to get started? Check out GetUp partner programs from [Miles that Matter](#) and Girls on the Run.
- Need an activity plan for yourself? Get inspired and look to "Be Active Your Way" for ideas on starting and maintaining an action program for adults.

✓ **Drink almost 0 sugary soda or juice-flavored drinks. Have your child drink more water and milk, or 100% fruit juice.**

- Choose 100% juice instead of sugary drinks, which include pop, fruit flavored drinks, sports drinks and juice drinks, which give your child no nutrition and add empty calories.
- Eat your fruit, don't drink it. It's best to limit real fruit juice to one 4 oz. serving (about half a small glass) per day.
- Remember, today's super sized drinks play a huge role in keeping us unhealthy. There are about 10 packets of sugar in a 12 oz. can of soda! Limit sodas and sugary drinks to as little as possible. If you're addicted to soda, take that first important step and drink one less each day.
- Fat-free or low-fat milk, cheeses and yogurt provide protein, nutrients and vitamins, and help your child's bones grow strong and healthy.
- Water is best. Make sure your child stays hydrated by drinking plenty of water, especially while active. Water helps reduce hunger and improves performance. It's what your body really wants when you're thirsty.

For more information visit: <http://getupmc.org/5-2-1-almost-none>

