



Members of the 5210 League know the importance of leading a healthy lifestyle. Every day they strive to be as active as possible and eat right. Join the 5210 League today by taking the pledge and committing to following these 5210 guidelines.



EAT AT LEAST FIVE SERVINGS OF FRUITS AND VEGGIES EVERY DAY!

Growing up to be big and strong starts with eating servings of the right foods. A serving of fruit and vegetables for an adult is equal to ½ cup of raw vegetables or 1 cup of leafy greens, whole fruit the size of a tennis ball, or ¼ cup of dried fruits. For your children, one serving is equal to the palm size of their hand.



LIMIT RECREATIONAL SCREEN TIME TO LESS THAN TWO HOURS PER DAY.

Once your child's homework is complete, encourage them to go outside and be active or read a book! By limiting the time they spend playing video games, watching TV or streaming movies, you'll be helping develop healthy habits that will last a lifetime.



BE PHYSICALLY ACTIVE FOR AT LEAST ONE HOUR PER DAY.

Playing sports, dancing, taking the stairs and walking around the block are all great ways to start adding more daily activity. Physical activity helps your child feel better, makes them stronger and encourages a healthy heart. Best of all, you can participate and be active as a family.



AVOID SUGARY DRINKS – GO FOR WATER OR LOW-FAT MILK!

Water quenches thirst and replenishes nutrients lost during exercise better than any other beverage. Encourage your child to put down that soda or sports drink and pick up a glass of water or milk! Lead by example – choose water over sugary drinks and strive to be healthy together!

For more information, visit CarolinasHealthcare.org/HealthyTogether to learn more healthy tips and ways to incorporate 5210 into your child's daily routines.



Carolinas HealthCare System
Levine Children's Hospital

This information is intended as general wellness guidelines for most children ages 2 and up. If you have any questions, or need specific recommendations for your child, talk to your child's pediatrician.