

Children and Youth: A Guide to 9-5-2-1-0

9 5 2 1 0
for Health™

What is **9 5 2 1 0** for Health™?

Is an easy-to-remember formula to help you live a healthy lifestyle. The **9 5 2 1 0** for Health™ daily habits include:

- 9** Get at least 9 hours of sleep per day
- 5** Eat 5 servings of fruits and vegetables per day
- 2** Limit screen time to no more than 2 hours per day
- 1** Get at least one hour of physical activity per day
- 0** Avoid beverages with added sugar

What can you do to start using **9 5 2 1 0** for Health™?

Here are 10 things you can do to improve your health and promote life-long healthy habits.

9 Hours of Sleep	
1. Create a regular schedule for bedtime and stick to it.	
2. Relax before going to bed – avoid television, computer use or studying for one hour before going to bed.	
5 Fruits/Vegetables	
3. Add 2 fruits and 1 vegetable to each meal	
4. Ask your parents to buy fruits and vegetables so you can have them for a snack when you're hungry.	
2 Hour Limit on Screen-Time	
5. Read, play a game or go outside instead of watching television or playing a video game.	
6. Ask your parents to turn off the television during meal times.	
1 Hour Physical Activity	
7. Find a friend or family member to take a walk, ride a bike or play outside with you.	
8. Look for ways to add physical activity to your daily routine, like walking your dog, exercising while you watch television or walking to school.	
0 Sugar-Added Beverages	
9. Drink water, low-fat milk or 100% juice with your meals and snacks.	
10. Remember to take a water bottle with you when you're physically active. It will keep you hydrated and you won't be tempted to buy a sugar-added beverage.	

Learn more!

Go to www.NorthernVirginiaHealthyKids.org to learn more about **9 5 2 1 0** for Health™



Healthier, together.