

# Jackson County 5210 Challenge!

## Take the Challenge!

[www.jacksoninaction.org/5210challenge](http://www.jacksoninaction.org/5210challenge)

### Challenge Directions:

- Use the back of this sheet to keep track of your 5210 habits. Each participating family member should complete a separate challenge tracker.

- \*Additional trackers can be downloaded online.

- Keep track of your daily 5210 habits on your challenge tracker by checking the boxes of the goals you achieve each day.

#### Why?

- Tracking helps you make healthier choices, feel great and have fun!

#### Questions?

- Contact Jackson In Action Coalition at [jacksoninaction12@gmail.com](mailto:jacksoninaction12@gmail.com)

#### Sign up

- For email updates [www.JacksonInAction.org/5210challenge](http://www.JacksonInAction.org/5210challenge)



Brought to you by **Jackson in Action**  
([www.jacksoninaction.org](http://www.jacksoninaction.org))

(Jackson County Department of Health and Human Services, Black River Memorial Hospital, Ho-Chunk Nation, UW Extension-Jackson County, Together for Jackson County Kids, Lunda Community Center, Boys & Girls Club, Gordy's Market, BRF School District, Melrose Mindoro School District and ACHM School District).

# 5210 Every Day!

### Eat 5 servings of fruits and veggies every day!

**Why?** Eating lots of fruits and vegetables is important because they provide vitamins and minerals our bodies need especially as children grow and develop. Fruits and vegetables are important for adults as well. Research suggests that fruits and vegetables may help prevent heart disease, stroke, high blood pressure, diabetes, some types of cancer and weight gain. Visit [www.jacksoninaction.org/recipes](http://www.jacksoninaction.org/recipes)

- A serving is about the size of your fist.
- Fill half of your plate with fruits and vegetables.
- Add vegetables to foods you already make, like pasta, soups, casseroles, pizza, rice and eggs.
- Add fruit to cereal, pancakes, or other breakfast foods.
- Fruits and veggies make great snacks – wash and chop fruits and veggies so they are ready to grab and eat.

### Limit recreational screen time to 2 hours or less every day!

**Why?** Spending too much time in front of a screen (TV, computer, phone, tablet, etc.) can cause weight gain, lower reading scores and attention problems. The American Academy of Pediatrics (AAP) recommends no more than two hours of screen time a day and that children under the age of two should not watch any TV or other screen media. Try these ways to limit screen time:

- Set a timer for 30 minutes when using a screen
- 1 show and go! After one short show is up, go play or do something else.
- Come up with some fun exercise moves to do during commercial breaks.

### Get 1 hour of physical activity every day!

**Why?** Regular physical activity is essential for establishing a healthy lifestyle. Children who are raised in families with active lifestyles are more likely to stay active as adults than children raised in families with inactive lifestyles. Exercise increases concentration, attention and academic performance. It also improves mood and lowers stress. Fun ways to get active during the summer:

- Take a walk to a local park.
- Do yoga as a family.
- Turn on music and have a dance party.
- Check out this website for fun activities in your area during the challenge:  
[www.jacksoninaction.org/5210getactive](http://www.jacksoninaction.org/5210getactive)

### Drink 0 sugary drinks every day. Choose water and low-fat milk!

**Why?** Drinking sugar-sweetened beverages (soda, juice, sports drinks, etc.) is linked to overweight and obesity, especially in children. In addition, drinking sugary beverages replaces consumption of milk and can cause dental cavities. Water provides a zero-calorie beverage option and is a healthy alternative to sugary drinks.

- Water is the #1 thirst quencher and the most important nutrient for active people.

