Make it Your Goal
EVERY DAY!!

5. Fruits & Vegetables - More matters!
   Eat at least 5 servings of fruits and vegetables each day.

2. Cut screen time to 2 hours or less each day (phones, TV, computers, and video games).
   No screen time for kids under 2 years of age.

1. Be physically active at least 1 hour every day.

0. Limit soda and sugar-sweetened sports or fruit drinks. When thirsty, instead try drinking water or non-fat/lowfat milk.

9. Try for 9 hours of sleep each night.
   Sleep boosts your immune system, helps you deal with stress, and gives you more energy.