



5-4-3-2-1-0

**BLAST
OFF TO
HEALTHY
LIVING**

As your family pediatrician, we care about your child's future heart health. The American Academy of Pediatrics and the American Heart Association have several recommendations to keep your child heart healthy. Your child's risk of adult heart disease builds up over their entire lifespan, even the childhood years.

When you come in for a check-up, we always ask about family history of heart disease and high cholesterol. Also, we carefully monitor each child's Body Mass Index (BMI). **Being overweight increases the risk for heart disease and other complications.**

We have six ways to keep you and your child healthy. It's called "5-4-3-2-1-0" so it's super simple to remember. Share it your whole family!

5: Eat 5 servings a day of fruits or veggies.

Fruits and vegetables are full of good stuff that your body needs – fiber, antioxidants, essential vitamins and nutrients. Think COLORFUL (natural, not artificial) and try to eat a variety of colors every day.

4: Eat a family meal at least 4 times per week.

Family meals are about togetherness. Every single member sits around the table, sharing a meal and the details of their day. This is valuable time for family bonding and has been shown to reduce troublesome behaviors in teens. Also, if you're eating at home, then you are NOT eating at a restaurant! Fast food restaurants often serve foods high in saturated and trans fats. If it has a drive-through, it is probably not heart-healthy.

3. Eat 3 meals per day.

Don't skip breakfast! Kids and adults who skip this important meal often eat more the rest of the day. Breakfast is a great way to get some much-needed fiber, such as cereal, an orange, or whole grain bagel. Lunch can reboot your energy – include fruit, veggie & protein. Try to make dinner a family affair.

2. Limit screen time to 2 hours or less per day.

Turn off the TV. Screen time – TV, computers, computer games – slows down your metabolic rate. Too much screen time can have a negative impact – kids make poor food choices, increase snacking, and decrease exercise. There are many concerns with media exposure, such as increased anxiety, sleep problems & concentration problems. Be careful of the content of the 2 hours you allow. Never have a TV in a child's bedroom.

1. Get at least 1 hour of physical activity every day.

Get up and get your heart pumping! Run, jump, kick a ball, or just play games that get you moving. You don't have to join a gym or buy expensive tennis shoes. Make it fun & exercise together. Several 10-minute sessions throughout the day can add up to an hour.

0. Consume 0 sugary fluids per day.

Think before you drink. You may be surprised at how much sugar is in sports drinks. Don't drink all your calories. Get more satisfaction from chewing! Cut out sugary sodas (high fructose corn syrup), sweet tea and Kool-Aid. Just choose water.

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is easy to remember and easy to do every day! Refer to the separate handouts for more information on each area.

