



JANUARY FEATURE

Healthy Choices Count!

New Year, Same 5-2-1-0

STRATEGY 8

Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living

DID YOU KNOW?

The making of resolutions at the start of a new year dates back to ancient Babylonians around 4,000 years ago! They would promise their gods to pay debts they owed and return borrowed objects in the coming year.



MAKE HEALTHY HABITS YOUR RESOLUTION!

Our friends at Hy-Vee Kids Fit have a 5 Week Challenge for you and your family to take to kick the year off with new healthy habits and fun activities!



HOW TO HOST A HEALTHY EVENT

Hosting a Family Fitness Night or Health & Wellness Fair is a great way to share information with families about 5-2-1-0, healthy eating and physical activity. Here are a few tips:

- Invite local health and wellness services to share resources
- Taste test fruits or vegetables or serve healthy snacks
- Set up game/activity stations for families to rotate through

