

# HEALTHY LIVING MADE SIMPLE!



GET UP AND MOVE ADAMS COUNTY!

## What is '5210' and why is it so important to everyday health?

# 5

SERVINGS OF FRUITS  
AND VEGETABLES.



A diet rich in fruits and veggies is associated with lower rates of chronic disease and may help prevent weight gain.

# 2

HOURS OR LESS  
OF SCREEN TIME.



According to the American Academy of Pediatrics children are spending an average of seven hours a day on televisions, computers, phones and other electronic devices.

# 1

HOUR OR MORE OF  
PHYSICAL ACTIVITY.



Regular physical activity is essential for weight maintenance and prevention of chronic diseases. It also improves mood, boosts energy, and helps you sleep better.

# 0

SUGARY DRINKS—  
MORE WATER.



An increased consumption of sugar-sweetened beverages is associated with cavities and excessive weight gain. Sugary drinks are also high in sugar, calories, and have very few nutrients.

## Wellness & Prevention



A Solutions Team of  
United Way of Adams County, IL

5210 is an easy to remember plan that spells out exactly what you need to keep you and your family healthy and fit.



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