5-2-1-Almost None is a program from Healthy Communities that promotes healthy eating and physical activity. 5-2-1-Almost None helps parents, teachers and kids remember the recommendations for physical activity and healthy eating.

**1. Get one hour or more of physical activity per day**
Regular physical activity is needed for good health!

**2. Limit TV and computer use to two hours or less a day**
Watching too much television is linked to overweight and obesity, lower reading scores, and attention problems.

**5. Eat at least 5 servings of fruits and vegetables a day**
A diet rich in fruits and vegetables provides vitamins, minerals, and fiber that are important for supporting growth and development and optimal immune function in children.

**0. Drink less sugar**
Drink almost no sugar-sweetened beverages. Try water and low fat milk instead of sugary drinks.

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