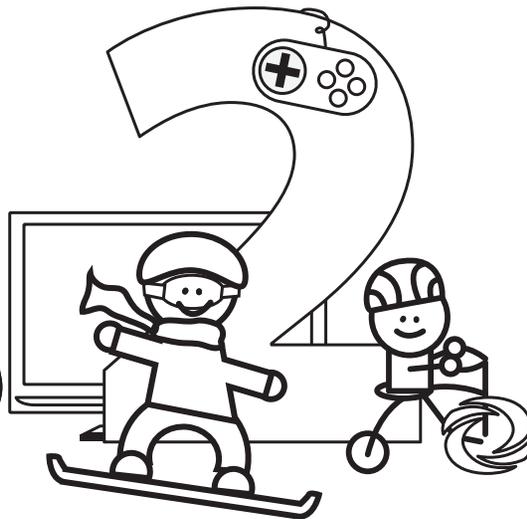


# Live 5-2-1-0



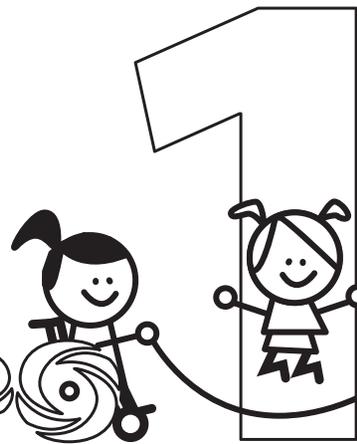
## Enjoy-

**FIVE** or more vegetables & fruits every day



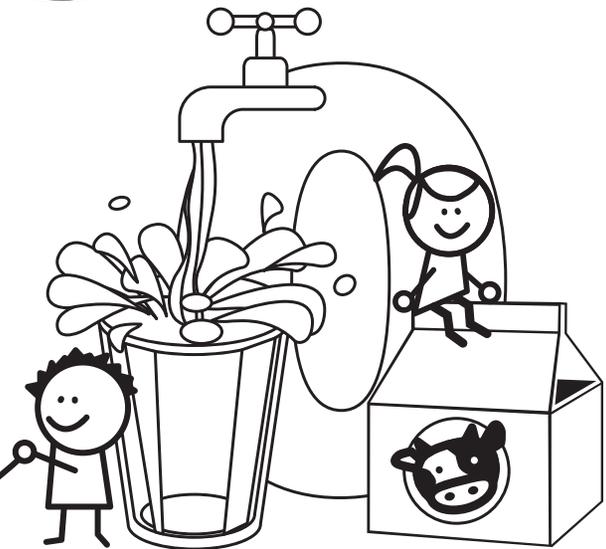
## Power down-

no more than **TWO** hours of screen time a day



## Play actively-

at least **ONE** hour each day



## Choose healthy-

**ZERO** sugary drinks