

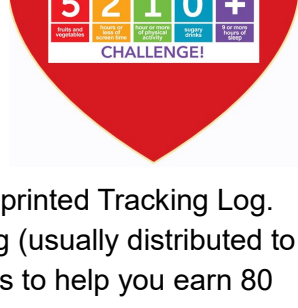


February 2022

**Healthy Kids Connection** is a bi-monthly source of news, resources, contests and education to help keep northern Colorado families and schools healthy and connected.

## February is American Heart Month AND Healthy Kids 5210+ Challenge Month!

Celebrating American Heart Month during Healthy Kids 5210+ Challenge Month is the perfect combination. All of the 5210+ healthy habits contribute to a healthy heart as well as a healthy mind! Show your body some LOVE and Challenge yourself to get a minimum of 80 checkmarks on your 5210+ Challenge Tracking Log. If your school is registered, each student will receive one printed Tracking Log. Each family will receive one printed Family Tracking Log (usually distributed to the oldest/only student.) Click [here](#) for lots of great ideas to help you earn 80 or more checkmarks for a FREE t-shirt!



### Healthy Kids Club Program Updates

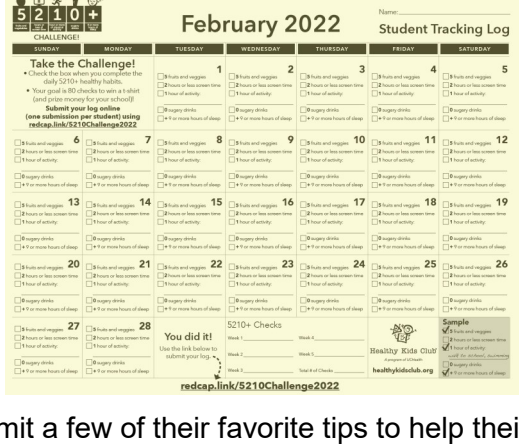


[Click here](#) to view the **Healthy Kids 5210+ Challenge 2022 video** for instructions on how to fill out the Student Tracking Log and submit your checkmarks at the end of the Challenge!

#### What is the Student Tracking Log?

The **Student Tracking Log** (yellow with black ink.) features all 5210+ healthy habits every day.

**The total number of checkmarks a student can get for the entire month is 140.** To earn a t-shirt, a student needs to get **80 checkmarks.**



Last year, we asked families to submit a few of their favorite tips to help their students get their 80 checkmarks and stay motivated throughout the month of February and beyond. These are some of our favorites, but check out our [tips and resources Google site](#) for even more!

#### General

- Post log(s) on fridge as a visible reminder to fill out log.
- Put sticky notes throughout house with reminders (“did you fill out your log today” “be sure to get some exercise” “turn off that screen”).

#### 5 fruits and vegetables

- Frozen fruit and vegetables are a great option when fresh is out of season.
- Shop together as a family to pick fruits and veggies.

#### 2 hours or less of screen time

- Put sticky notes on screens suggesting other ideas.
- Take a family walk.

#### 1 hour of more of physical activity

- Plan active outdoor activities with friends/other families during the Challenge.
- Go to a new park to play.

#### 0 sugary drinks

- Keep your water bottle in a visible spot during the day as a reminder to drink water instead of a sugary drink.

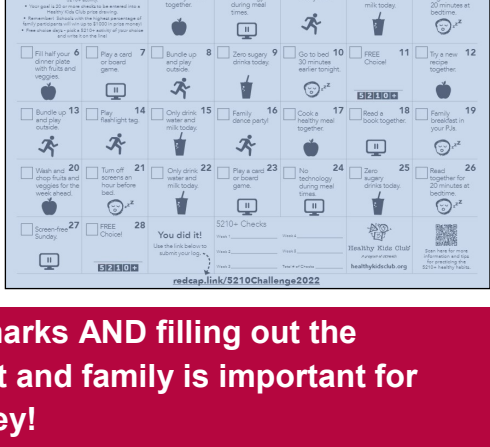
#### +9 or more hours of sleep

- Don't plan activities late into the evening that will interfere with bed time.
- Find fun books to read out loud as a family before going to sleep.

#### What is the Family Tracking Log?

The **Family Tracking Log** (blue with black ink) features one daily activity for the whole family to practice the 5210+ healthy habits.

Families with a minimum of 20 checkmarks who complete the submission form will be entered into a drawing for a Healthy Kids Prize pack.



### Completing the minimum checkmarks AND filling out the submission form for each student and family is important for your school to receive prize money!

<b>5</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>+</b>
<p><b>Five servings of fruit and vegetables:</b></p> <ul style="list-style-type: none"> <li>• Fruits and veggies are high in vitamins, naturally sweet and taste good!</li> <li>• Healthy food:             <ul style="list-style-type: none"> <li>- Increases your energy levels.</li> <li>- Improves your mood and attitude.</li> </ul> </li> <li>• <b>Be a role model:</b> Kids (and adults!) try to eat at least five servings of fruits and vegetables every day (that's two servings of fruit and three servings of vegetables!).             <ul style="list-style-type: none"> <li>- A serving is about the size of your fist – it depends on your age.</li> <li>- Frozen/canned fruits and veggies are nutritious too!</li> </ul> </li> </ul>	<p><b>Two hours or less of screen time:</b></p> <ul style="list-style-type: none"> <li>☐ Too much screen time:             <ul style="list-style-type: none"> <li>- Makes it hard to focus in school.</li> <li>- Takes up time for playing, being active and using your imagination!</li> <li>- Makes it hard to sleep well.</li> </ul> </li> <li>☐ <b>Be a role model:</b> <ul style="list-style-type: none"> <li>- Turn off the screens during mealtimes.</li> <li>- Watch, listen and play together. Talk about what is happening on the screen.</li> <li>- Keep a balance: mix screen time with other activities.</li> <li>- Turn off the screens an hour before bedtime.</li> </ul> </li> </ul>	<p><b>One hour or more of physical activity:</b></p> <ul style="list-style-type: none"> <li>✘ Physical activity:             <ul style="list-style-type: none"> <li>- Boosts brain power!</li> <li>- Makes you feel good.</li> <li>- Makes your heart happy.</li> <li>- Makes you stronger.</li> <li>- Helps you sleep better.</li> </ul> </li> <li>✘ <b>Be a role model:</b> <ul style="list-style-type: none"> <li>- Schedule active family play time every day!</li> <li>- Get your activity in small bursts throughout the day.</li> </ul> </li> </ul>	<p><b>Zero sugary drinks:</b></p> <ul style="list-style-type: none"> <li>☹ Water is the #1 thirst quencher!</li> <li>☹ Kids who drink enough water, eat healthy and sleep well at night will have more energy for school and activities!</li> <li>☹ <b>Be a role model:</b> <ul style="list-style-type: none"> <li>- Drink water or milk instead of soda, sports drinks, juice or drinks sweetened with sugar.</li> <li>- Make water more flavorful by adding fruits, veggies or herbs.</li> </ul> </li> </ul>	<p><b>Nine or more hours of sleep:</b></p> <ul style="list-style-type: none"> <li>☹ Sleep:             <ul style="list-style-type: none"> <li>- Helps your brain stay focused, calm and on task.</li> <li>- Improves your mood and attitude!</li> <li>- Keeps you from getting sick.</li> </ul> </li> <li>☹ The amount of sleep you need depends on your age.             <ul style="list-style-type: none"> <li>- Ages 3-5 need 10-13 hours.</li> <li>- Ages 6-12 need 9-12 hours.</li> <li>- Ages 13-18 need 8-10 hours.</li> <li>- Adults need 7 or more hours.</li> </ul> </li> <li>☹ <b>Be a role model:</b> <ul style="list-style-type: none"> <li>- Turn off screens an hour before bedtime.</li> </ul> </li> </ul>

### Celebrate Valentine's Day with these fun fruit ideas!

Click on the images below for more information.



**Raspberry yogurt cups with clementine hearts**



**Just grab a banana and a couple of markers!**

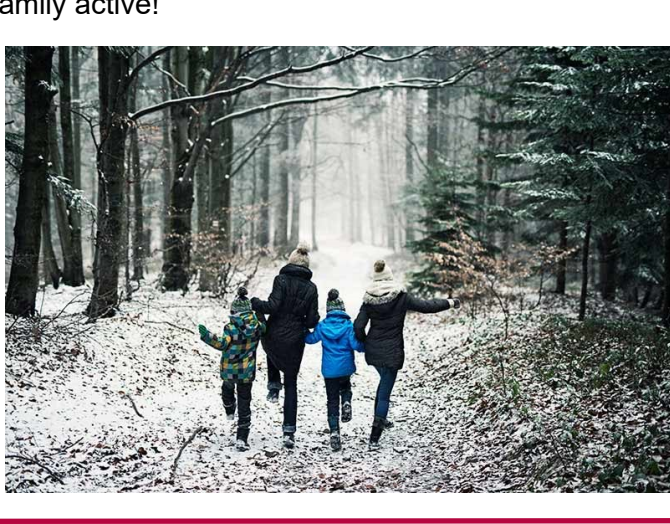


#### Strawberry Spa Water— 0 added sugar (recipe below.)

Add strawberries and water to a pitcher. Refrigerate 6 hours or overnight.

### Active, heart pumping fun for the whole family!

Just move more! Click on the image below to read some great daily tips on keeping your family active!



#### Better sleep!

Did you know that yoga can help you relax and get better sleep? Click on the image below for more information.

## Yoga Poses to Strike Before Bed

These stretches can help relax the mind and body so that you're ready for your best night of sleep.

Healthy Kids Club is now a part of the UCHHealth Healthy Hearts department. Healthy Hearts has been providing free heart health education and screenings to elementary, middle and high schools since 1992.

Healthy Kids Connection is distributed bi-monthly to Elementary Office Managers, PE teachers and Healthy Kids Club's mailing list. For more information: [laurie.zenner@uchealth.org](mailto:laurie.zenner@uchealth.org)

[Click Here](#) to be added to the **Healthy Kids Club Mailing List.**

[www.healthykidsclub.org](http://www.healthykidsclub.org)

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