



February 2021

Healthy Kids Connection is a 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 5210+ Challenge Month!

Celebrating American Heart Month during 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. The Challenge is online this year! If you didn't get a link to the Tracking Log at your school, contact your PE Teacher or Office Manager at your school! Click [here](#) for additional instructions and FAQs. All students and staff in registered schools will earn a free T-shirt for 80 or more checkmarks. Family members who get 80 or more checkmarks will be entered into a drawing to earn a free T-shirt.

February 2021 5210+ Tracking Log

SAMPLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Take the Challenge!

- Check the box when you complete the daily 5210+ health habits.
- Your goal is 80 checks to win a t-shirt and prize money for your school!

5210+ Checks

Week 1: _____ Week 4: _____
 Week 2: _____ Week 5: _____
 Week 3: _____ Total of Checks: _____

5210+ Challenge Submission Form Link

Healthy Kids Club Program Updates



This year, the Challenge is online.

[Click here](#) to view the HKC 5210+ Challenge 2021 video.

5

Five servings of fruit and vegetables:

- Fruits and veggies are high in vitamins, naturally sweet and taste good!
- Healthy food:
 - Increases your energy levels.
 - Improves your mood and attitude.
- Be a role model:** 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!).
 - A serving is about the size of your fist – it depends on your age.
 - Frozen/canned fruits and veggies are nutritious too!

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Two hours or less of screen time:

- Too much screen time:
 - Makes it hard to focus in school.
 - Takes up time for playing, being active and using your imagination!
 - Makes it hard to sleep well.
- Be a role model:**
 - Turn off the screens during mealtimes.
 - Watch, listen and play together. Talk about what is happening on the screen.
 - Keep a balance: mix screen time with other activities.
 - Turn off the screens an hour before bedtime.

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One hour or more of physical activity:

- Physical activity:
 - Boosts brain power!
 - Makes you feel good.
 - Makes your heart happy.
 - Makes you stronger.
 - Helps you sleep better.
- Be a role model:**
 - Schedule active family play time every day!
 - Get your activity in small bursts throughout the day.

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Zero sugary drinks:

- Water is the #1 thirst quencher!
- Kids who drink enough water, eat healthy and sleep well at night will have more energy for school and activities!
- Be a role model:**
 - Drink water or milk instead of soda, sports drinks, juice or drinks sweetened with sugar.
 - Make water more flavorful by adding fruits, veggies or herbs.

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Nine or more hours of sleep:

- Sleep:
 - Helps your brain stay focused, calm and on task.
 - Improves your mood and attitude!
 - Keeps you from getting sick.
- The amount of sleep you need depends on your age.
 - Ages 3-5 need 10-13 hours.
 - Ages 6-12 need 9-12 hours.
 - Ages 13-18 need 8-10 hours.
 - Adults need 7 or more hours.
- Be a role model:**
 - Turn off screens an hour before bedtime.



Celebrate Valentine's Day with these fun fruit recipes!

Click on the images below for more information.

Heart Kabobs



Love Letter Lunch



Heart Apples

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? Check out this infographic for poses that are sure to get you to dreamland fast!

YOGA POSES FOR BETTER SLEEP

- Hero Pose (Virasana)
- Child's Pose (Balasana)
- Upward-Facing Dog Pose (Urdhva Mukha Svanasana)
- Camel Pose (Ustrasana)
- Butterfly Pose (Purna Titli Asana)
- Supine Spinal Twist (Supta Matsyendrasana)
- Bridge Pose (Setu Bandha Sarvangasana)
- Wind-Relieving Pose (Pawanmuktasana)
- Corpse Pose (Savasana)

goodparentingbrighterchildren

Healthy Kids Connection is distributed monthly to Elementary Office Managers, PE teachers and Healthy Kids Club's mailing list. For more information: laurie.zenner@uhealth.org

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

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