



Military Community and Family Policy Fact Sheet

Data

 5210 Healthy Military Children encourages:

- Five or more servings of fruits and vegetables each day
- Two or fewer hours of screen time each day for children 2 and older and no screen time before that
- One or more hours of physical activity each day
- Zero sweetened beverages

Additional information

Military OneSource

<http://www.militaryonesource.mil/on-and-off-base-living/recreation-and-travel>

Healthy Base Initiative Commanders' Toolkit

<http://www.militaryonesource.mil/health-and-wellness/healthy-base-initiative>

Choose MyPlate

<http://www.choosemyplate.gov>

Let's Move!

<http://www.letsmove.gov>

Wellness

Background

The wellness of service members and their families is more than a means of readiness, it is a vital part of physical and emotional health. Overall wellness is maintained through an active lifestyle, nutritious food and beverage choices, cessation of unhealthy habits, making time for relaxation and relationships and seeking support when necessary. Consistently making healthy choices, staying informed and staying active creates healthy habits and healthy minds and bodies that can handle even the most physically and emotionally stressful aspects of military life.

Highlights

Overall wellness depends equally on physical and emotional health to achieve an elevated sense of well-being. The Department of Defense supports the efforts of service members and their families to improve and maintain overall wellness through:

- 5210 Healthy Military Children
- Choose MyPlate
- Let's Move!
- The Family Advocacy Program
- Morale, Welfare and Recreation
- Military OneSource
- Military and Family Life Counseling
- The Spouse Education and Career Opportunities program

