



Military Community and Family Policy Fact Sheet

The campaign

The 5210 Healthy Military Children campaign targets venues where families live, work and play, providing tips on how they can incorporate 5210 principles into their lives. Venues include commissaries, fitness centers, schools and child care facilities.

Additional information

5210 Healthy Military Children
<http://5210.healthymilitarychildren.psu.edu>

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Background

The **5210 Healthy Military Children** campaign encourages parents to help their children take simple steps toward lifetime wellness. Each of the 5210 principles can also be incorporated into adult lives, creating a family effort to reduce obesity and increase physical and nutritional health.

Highlights

Evidence shows that children can benefit from engaging in four research-based behaviors that encourage physical activity and nutritious food choices:

- **5 or more servings of fruits and vegetables:** A single serving can include a medium piece of fruit; one-half cup of chopped, canned or cooked fruit; or one-half cup of raw or cooked vegetables.
- **2 years and older, closely monitor and limit screen time:** The American Academy of Pediatrics recommends that parents manage technology in their lives. Parents should limit recreational screen time (TV, phones, tablets, computers and video games) and break up time spent sitting in front of screens.
- **1 or more hours of physical activity:** Physical activity raises the heart rate above resting with activities such as aerobics, muscle- or bone-strengthening activities, or activities that improve movement and motor skills.
- **0 sweetened beverages a day:** Research shows that limiting consumption of sweetened beverages such as fruit drinks, soda and sports drinks reduces the risk of obesity and dental-related health problems.

