

# Is Your Sports Team “Redy” for 5210?

Let’s Go! is about giving everyone the chance to enjoy an active, healthy lifestyle.



**5** or more fruits & vegetables  
**2** hours or less recreational screen time\*  
**1** hour or more of physical activity  
**0** sugary drinks, more water & low fat milk

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

## Do you want to adopt the 5210 message? If “yes” then choose your “Redy”ness level:



- Support 5210 messages (hang posters in team meeting areas and snack shacks, provide brochures and educational handouts to parents/guardians).
- Encourage water instead of sports drinks.



All of the above AND

- Only allow healthy snacks—like oranges and granola bars—during games and practice.
- Be a role model
- Reserve food rewards, like slushies and ice cream, for special occasions.



All of the above AND

- Develop and implement league and team policies that reinforce the above strategies.

To learn more about 5210 and team sports, please contact Dr. Rogers at 662-3734 or [rogerv@mmc.org](mailto:rogerv@mmc.org)

