

Everyone Has a Role to Play in 5210 Goes After School

The Role of the Classroom:

- Increase opportunities for physical activity and healthy eating during the program day using the 5210 strategies.
- Educate children of the importance of physical activity and healthy eating.

The Role of the After School Program:

- Implement a strong wellness policy that supports 5210 strategies.
- Role model 5210 behaviors.
- Create an environment that is supportive of 5210 strategies.



The Role of the Community:

- Local doctors, dentists, parents, and other professionals share their expertise with after school programs.
- All school programs, after school programs, recreation centers, and libraries can promote and practice 5210 to support consistent messaging.

The Role of the Family:

- Create a home environment that is supportive of 5210 behaviors.
- Become involved in 5210 Goes After School and other initiatives that promote physical activity and healthy eating.
- Role model 5210 behaviors.