

# Time Dependent Office Visit: Quick Well Child or Urgent (> 1 minute)

<b>Type of Visit</b>	Well Child or Urgent Visit
<b>Topic of Visit</b>	Lifestyle Advice
<b>Length of Visit</b>	Under 1 minute
<b>Patient Scenario</b>	Child not currently at risk for overweight.

## Lifestyle Advice:

To stay healthy and energized, practice 5210 every day!

- 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.