Health App Review: 5-2-1-0 Kids!

A Free Phone App that introduces kids to the 5-2-1-0 program, which is a national initiative created to teach kids to eat five fruits and vegetables a day, only spend 2 hours on their phone, spend at least one hour exercising, and drink zero sugary drinks.

**Pros:** Great message, easy-to-use

**Cons:** Encourages extended phone use

**Final Score:** 9/10

December 15, 2016

Winter Fun

Snow brings an opportunity to try out several winter sports, including skiing, snowboarding, sledding, or snowshoeing. You can also make angels, snow forts, or snowmen in your own backyard! Just make sure to bundle up and bring extra non-cotton layers for the winter fun!

Get in the rhythm of good sleep!

Getting enough sleep is important for growing bodies for many reasons, including appetite. Getting too little sleep can often disrupt production of hormones in the body that control how hungry a person feels. Focus on these steps to ensure that good sleep is a priority this winter:

- Encourage your kids to not look at a screen (TV or phone) one hour prior to sleeping
- Encourage physical activity in their daily routine, and try to keep a consistent sleep schedule on the weekends

Moved? Change of Phone/Address? Questions/Comments?
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