



HEALTHY LIFESTYLES CLINIC

June 15, 2016

Counting down to summer

5-2-1-0 *Let's Go!* is a nationally recognized childhood obesity prevention program which aims to encourage parents and children to adopt healthy behaviors. These include:

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

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

You can learn more at:

<http://www.ohsu.edu/xd/health/services/doernbecher/patients-families/healthy-lifestyles/5210.cfm>

Iodine deficiency

A good diet is better than a restrictive one, and diets low in dairy, baked goods, and table salt can lead to an iodine deficiency. Iodine is necessary to help produce hormones in the body that regulate growth and weight-gain. Make sure you talk with your pediatrician or nutritionist to determine the best balance of food groups for your child.

Don't forget to hydrate!

Hot summer weather is ideal for outdoor fun, but it is important to stay hydrated while out in the sun. Bring water bottles along, and have a goal of 5 cups of water for 4-8 years old, and around 8 or 11 cups for 9 and older!

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

A Free Health App that explores the 5-2-1-0 healthy lifestyle through interactive games and activities.

Pros: Parents can guide their children through the different themes. Presents a fun, educational platform to learn healthy habits. It even monitors the user's screen time!

Cons: Games are limited to a young age.



Final Score: 9/10

