

5-4-3-2-1 Go!® Provider Toolkit - MATERIALS

Healthy Habits “Prescription Pad”: Help a family set one goal around improving healthy habits using the 5-4-3-2-1 Go!® daily habit recommendations. Set a process to help them monitor and report on their progress. An optional “script” provides an outline to support a focused conversation around setting a healthy goal.

5 Servings of fruits and vegetables a day
Fresh or frozen, whole or cut-up, fruits and vegetables are natural sources of many important nutrients. Five or more servings of fruits or vegetables a day provide your children with vitamins, minerals and fiber that may help reduce their risk of obesity, including heart disease. A serving is one-half cup of cut fruit or vegetable, one cup of salad greens or one quarter cup dried fruit. **Suggestion:** Choose whole fruits and vegetables over juice. Also, these contain more fiber and offer a natural balance of vitamins and minerals without added sugar. Keep fresh cut-up fruits and veggies around for snacks.

4 Servings of water a day
Encourage your children to drink water every day to stay hydrated and provide fluid for their growing bodies. Four or more glasses of water will keep your kids healthy and active without adding extra calories. **Suggestion:** Give your children water bottles and keep them filled. Keep track of how much they drink, especially during play or sports. Put a pitcher of water on the table at dinner.

3 Servings of low-fat dairy a day
Low-fat dairy products provide protein and calcium for strong bones, bones and teeth. A serving is an eight-ounce cup of milk for children 12 years or younger, or a 1/2-cup of yogurt or cheese. **Suggestion:** Choose low-fat or skim milk or yogurt with fruit and to make a daily treat. Add low-fat cheese to soups and salads.

2 Hours or less of screen time a day
Time spent watching television, using the computer or playing video games means fewer calories burned and extra weight gained. **Suggestion:** Work with your children to select age-appropriate shows and limit the television on only for those programs. Limit overall television, computer and video game time. Make TV a reward, not a daily routine.

1 or more hours of physical activity a day
Encourage your children to participate in 60 minutes of walking, running, jumping, swinging or dancing each day. Physical activity combined with good nutrition will help them stay healthy. **Suggestion:** Take an exercise break for 10 minutes for short steps, walk instead of driving, and take the stairs when possible. Encourage your children in after school or weekend activities, or plan for active family time.

Parent Handouts: Eating Right and Being Active is as easy as 5-4-3-2-1 Go!® Handout provides a quick overview of each of the healthy habit recommendations. (Available in English and Spanish)

Additional Handouts: Also available are 2-page handouts specific to each number of the countdown. These handouts dig a little deeper into the individual recommendations and provide additional tips and ideas for families to practice that habit. If the family has set a specific goal on the Healthy Habits “Prescription Pad” these handouts will be a great support tool.

Placemat: A great teaching tool or giveaway to reinforce healthy habits. This placemat incorporates messages related to MyPlate, appropriate serving sizes, family dining and of course, 5-4-3-2-1 Go!® This product is dry erase and waterproof. Kids can track their daily healthy habits.

LiveWellOmahaKids.org/Pledge

Posters: Visuals to help spread the 5-4-3-2-1 Go!® message. Post in waiting rooms, hallways or clinic rooms. Or use as a teaching tool while having a conversation about healthy habits

Rx for Healthy Active Living

Name _____ Date _____

Recommendations for Living a Healthy, Active Life:
5 servings of fruits and vegetables a day
4 servings of water a day
3 servings of low-fat dairy a day
2 hours or less of screen time a day
1 or more hours of physical activity a day **See resources on reverse side*

My Goal: I agree to _____ Do this action _____ This often _____ and will follow up with _____ on _____ Date _____
 Provider Name _____ Parent Signature _____ Patient Signature _____

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Coloring Book: A fun activity for kids to learn the 5-4-3-2-1 Go!® recommendations. Give to a family after they have set a healthy habits goal. Or use as an activity while talking with parents or in the waiting room.

Monthly Checklist: Give to each member of the family can track their daily habits related 5-4-3-2-1 Go!® Also available at GoNebraskaKids.org for download and families can track electronically. (Available in English and Spanish)

Check Your Progress Name: _____ Month: _____

See how you're doing this month by checking off the boxes each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 servings of fruits & vegetables							
4 servings of water							
3 servings of low-fat dairy							
2 hours or less of screen time							
1 or more hours of physical activity							
5 servings of fruits & vegetables							
4 servings of water							
3 servings of low-fat dairy							
2 hours or less of screen time							
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