

# keep ME healthy

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POWER UP

## What can YOU do?

- 5: Eat fruits & vegetables at least 5 or more times on most days. Limit 100% fruit juice.
- 2: Cut screen time to 2 hours or less daily.
- 1: Participate in at least 1 hour or more of moderate physical activity every day & 20 minutes of vigorous activity at least 3 times a week.
- 0: Restrict soda and sugar-sweetened sports & fruit drinks.  
Instead, drink water and 3-4 servings/day of fat-free/skim or 1% milk.



**Doctors  
R Us**  
Walk-In Clinic

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