

Atrium Health’s Levine Children’s and Wadesboro Elementary are teaming up throughout the year to bring *Healthy Together*, a fun new health effort, to your family and your school! This initiative is based on a national program that focuses on creating healthier environments. *Healthy Together* encourages families to join the 5-2-1-0 League and follow healthy habits every day. As an addition to Wadesboro Elementary’s physical education curriculum, the program helps encourage the healthy behaviors of 5-2-1-0 at school.

What is 5-2-1-0?

5-2-1-0 is your family’s game plan for healthy living, outlining daily habits that promote a healthy weight:

* 5 - Eat at least five servings of fruits and vegetables.
* 2 - Limit recreational screen time, including television, video game and smartphone viewing, to fewer than two hours per day.
* 1 - Be physically active for at least one hour per day.
* 0 - Avoid sugary drinks, and instead aim for water or low-fat milk.



How can my family participate?

Atrium Health presented a *Healthy Together* School Assembly at Lilesville Elementary on Wednesday, October 17, 2018. During this assembly, your child will receive information regarding a family pledge form that will be coming home with your child for you to review, please complete and return this pledge by **October 24, 2018**. Classes that turn in the most pledges will be awarded a prize! We invite you to learn more about healthy behaviors with your child during this program and be on the lookout for more information on 5-2-1-0 soon! Don’t hesitate to get involved or ask what we are working on.

For healthy tips and activities, with your family, visit: **CarolinasHealthCare.org/HealthyTogether**.

