



- 5 a day is the healthy way
- 2 or less for success
- 1 or more builds a strong core

## Five a Day Is the Healthy Way

### Q. Why is it important for children (and adults) to eat five servings of fruits and vegetables a day?

- A. Fruits and vegetables are rich in essential vitamins and minerals, fiber, carbohydrates, and phytochemicals—compounds that have been shown to be helpful in preventing disease. Including fruits and vegetables in a balanced diet has been linked to many health benefits, including lowered risk for certain cancers, stroke, heart disease, and high blood pressure; and better weight management.

## Two or Less for Success

### Q. Why should I encourage my students to limit their screen time (TV, video games, computer) to a maximum of two hours a day?

- A. Excessive screen time (watching television, playing video games, or recreational computer use) has a negative impact on health, educational achievement, and time spent with family or participating in physical activities. Further, there is a well-documented relationship between watching food advertisements on television and choosing foods low in nutritional value.

Health experts agree that children should limit total screen time to a maximum of two hours a day. More specifically, children under the age of two should not watch any TV.

## One or More Builds a Strong Core

### Q. What is the difference between exercise and physical activity?

- A. You might be surprised but being physically active is different from exercising or fitness. According to the Centers for Disease Control and Prevention, fitness is a set of criteria that people have or achieve and relates to an individual's ability to perform physical activity. Exercise is a structured or organized activity. Physical activity is any movement and offers endless opportunities to get moving. For example, activities such as walking the dog, washing the car, cleaning up, and taking the stairs all count toward daily physical activity.

