

Make Your Goal EVERY DAY!



Fruits & vegetables - more matters!
Eat fruits and vegetables at least 5 times a day. Limit 100% juice.



Cut screen time to 2 hours or less a day (TV, computers & video games).
No screen time for kids under 2.



Be physically active at least
1 hour every day.



No soda or sugar-sweetened sports or fruit drinks. Instead, drink more water and non-fat or 1% milk.



Wellbeing **lives** here!

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