



Summertime is the perfect time to stay active! With 5210 South Carolina by your side, you can level up to a healthier you.

This summer, try one new thing from any of the four easy steps each week with 5210 SC as your guide and take your life to the next level.



## Pick 5, Take 2, Get 1, Drink 0



Supercharge your life with 5 or more servings of fruits and vegetables a day. All it takes is adding a few bright colors to your plate at every meal. Adding color to your plate is a cheat code to level up your meals.

### Here are ways to eat more fruits and vegetables each day:

- ☐ Add berries or bananas to your cereal.
- ☐ Add spinach or broccoli into your pasta.
- ☐ Combine all your favorite fruits to make a delicious fruit salad.
- ☐ Freeze some grapes for a sweet frozen treat.
- ☐ Snack on carrot sticks, apple slices or cucumber rounds.
- ☐ Dip your fruits into yogurt and your veggies into hummus.
- ☐ Take all your favorite veggies and create a colorful salad.
- ☐ Try a new fruit or veggie that starts with each letter of your name.
- ☐ Take fruit on the go as a snack.
- ☐ Make fruit kabobs using melon chunks, bananas, and grapes.
- ☐ Make half your plate fruit and vegetables.
- ☐ Make a smoothie with fruit and vegetables.
- ☐ Add vegetables to sandwiches, wraps, omelets and more.



Too much screen time can make you sluggish. Limit it to two hours and sharpen your mind by finding new activities you enjoy that don't involve screens. It's time to rediscover the joy of real-life experiences and level up your health.

### Use your five senses away from screens and try the following:

- ☐ Go on a treasure hunt.
- ☐ Direct a movie with your toys as the actors.
- ☐ Learn a new card game.
- ☐ Color or draw.
- ☐ Make your own board game.
- ☐ Build a fort.
- ☐ Create a comic book.
- ☐ Build something with recycled materials.
- ☐ Play a board game with your loved ones.
- ☐ Write a story, poem or play.
- ☐ Make dinner for your family (with an adult's permission).
- ☐ Visit the local library.
- ☐ Go on a picnic. Pack some fruits, veggies and water too!
- ☐ Start a journal.
- ☐ Volunteer locally, if you're able.
- ☐ Learn something new about a plant.



Ready, set, go to a stronger you in just one hour a day with active play! Whether you're riding a skateboard, kicking a soccer ball or skipping down the street, one hour of activity a day is all you need to level up your physical fitness.

**Active bodies are healthy bodies! Do these activities to get your body moving:**

- ☐ Go for a bike ride.
- ☐ Try a new sport.
- ☐ Go on a family hike.
- ☐ Play at the park.
- ☐ Take a nature walk.
- ☐ Have a dance-off.
- ☐ Play tag.
- ☐ Jump rope.
- ☐ Have a water balloon fight.
- ☐ Learn a new line dance with your loved ones.
- ☐ Create a neighborhood sports team or physical activity team.
- ☐ Play frisbee or catch with a sibling or friend.
- ☐ Clean around the house.
- ☐ Walk a pet, if you have one.
- ☐ Join a summer sports team, if you're able.
- ☐ Go on a scavenger hunt on a hike.



Skip the sugary drinks and sweeten your life's potential. Running on non-sweetened drinks is the fuel you need to be the best you! No cheat code needed, just drink water.

**Level up your hydration with more water and less sugar by trying the following:**

- ☐ Add slices of lemon, lime or berries to your water.
- ☐ Try unsweetened coconut water.
- ☐ Drink low-fat milk.
- ☐ Try unsweetened flavored water.
- ☐ Make smoothies with whole fruits and vegetables.
- ☐ Drink unsweetened herbal teas.
- ☐ Freeze berries or grapes into ice cubes to add to your water.
- ☐ Try plain or naturally flavored unsweetened sparkling water.
- ☐ Keep a reusable water bottle with you.
- ☐ Start a family hydration challenge.
- ☐ Set zero sugary beverage goals with your family.

## About 5210 SC

5210 South Carolina wants kids in South Carolina and their friends to follow four easy steps every day to stay healthy and happy for a long time. 5210 SC is even more special when you don't do it alone. Take on the 5210 SC practices with your family and friends.

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.



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