



October 2020

Welcome to the Healthy Kids Connection, a monthly source of news, resources, contests and education to help keep Northern Colorado families and schools healthy and connected.

Kid-Friendly Wellness Programming For Over 20 Years!

Healthy Kids Club began in 1998 when Poudre Valley Health System saw that there was a need for supporting school wellness efforts. We started working with Poudre School District to offer after-school programs and health education. That summer was the first Healthy Kids Run Series which had 64 participants! Today we work with 10 northern Colorado school districts ... and the 2019 Run Series had over 1000 participants!

Our programs include the annual 5210+ Challenge ([see the 2020 winners](#)), 5210+ Health Heroes (registration is open!), Kindness Heroes (registration is open!), Healthy Kids/Healthy Start kindergarten education, BtrongBfit, The Healthy Kids Run Series, The Fit.Teen Run Series and the Fit Families FITPASS program.



T-shirts from the 2020 5210+ Challenge. 100 schools from 10 northern Colorado school districts participated in the 2020 5210+ Challenge, representing 28,194 students, staff and families.

We hope that this challenging school year is off to a good start. We're excited to be back working alongside schools to support their wellness efforts.



What is 5210+?

5210+ is an educational campaign adapted from a program in Maine called LetsGo! 5210. Healthy Kids Club has evolved this program over the years and features it every February during our 5210+ Challenge. *The + sign was added last year to highlight the importance of sleep to our overall physical and emotional health.*

5210+ is intended to help kids and families recognize and practice healthy habits. Because we understand the importance of consistent messaging, we feature 5210+ in all of our programs.



Here are some great resources on ways to get your 5210+ Every Day!

5
fruits and vegetables

Snacking is a joy. Snacking is a gift. And now, snacking is the easy mealtime solution that saves time, pleases picky eaters, helps you get your 5 servings fruits and vegetables in and still tastes delicious. Read here to find out about [Snacks as meals– The snack-meal phenomenon](#).

2
hours or less of screen time

As children are now spending many hours a day on screens with remote learning or hybrid learning, how does our message of less than 2 hours of recreational screen time fit in? [Read this article](#) to understand how Covid has changed some of the guidance on screen time. And remember, there are so many wonderful ways to spend time besides on a screen. For some great ideas, [click here!](#)

1
hour or more of physical activity

At Healthy Kids Club, we love [Go Noodle](#). It is an amazing, and amazingly fun, website for kids that gets them moving - in the classroom and at home. Of course, Go Noodle does require you to be on a screen, so for more ideas on how to get kids moving, check out [Move Your Way](#).

0
sugary drinks

Healthy Kids Club educators love teaching kids about the most important drink for our bodies...water! We were so excited to learn about [Potter the Otter and his tale about water](#). In this animated storybook, Potter teaches his friends about the importance of drinking water. We also drink a lot of fruit/veggie infused water. It's a great way to add flavor to your water without any added sugar! [Click here for some great recipe ideas!](#)

+
9 or more hours of sleep

Sleep is one of the most important things we can do to keep our bodies their healthy best. For elementary age children, the recommendation is 9 or more hours. [Read here](#) for some great tips on helping children get to sleep and stay asleep! Everyone will wake up happier and ready for a new day.

Healthy Kids Connection is distributed monthly to Elementary Office Managers, PE teachers and Healthy Kids Club's mailing list. For more information: laurie.zenner@uhealth.org

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