

# READY, SET, GO!

---

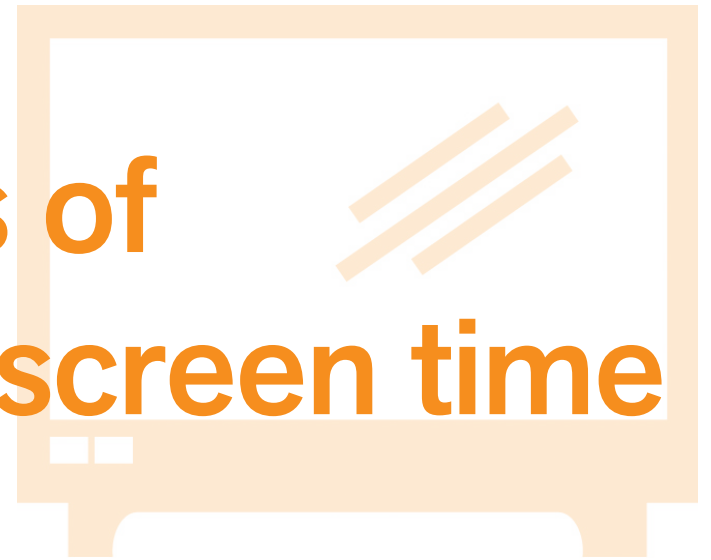
**5**

**or more fruits and  
vegetables**



**2**

**hours or less of  
recreational screen time**



**1**

**hour or more of physical  
activity**



**0**

**soda and sugary drinks  
more water and low-fat milk**



For more information visit: [www.multicare.org/marybridge/5210](http://www.multicare.org/marybridge/5210)