



MISSION: Healthy Kids

3-2-1-0: Blast off to a healthier you!

3-2-1-0 is a tool to help you live your healthiest life. Making small changes based on 3-2-1-0 can have a big impact. These changes work best when everyone in your family gets involved.

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EAT 3 MEALS A DAY

Do not skip meals, especially breakfast. Skipping meals can make you tired and cause trouble concentrating. It also slows down how you burn energy and leads to weight gain. In fact, research shows that those kids and teens who eat breakfast daily have healthier weights.

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LIMIT SCREEN TIME TO 2 HOURS A DAY - OR LESS

You burn almost no energy when you sit in front of a screen! Too much screen time can cause weight gain, lower grades, poor sleep and weak muscles and bones. Screen time includes: TV, computer (not including homework), video games, smart phone and tablet.

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GET AT LEAST 1 HOUR OF PHYSICAL ACTIVITY EVERY DAY

Physical activity means moving your body in a way that makes your heart beat faster and uses your muscles. Without regular physical activity, you are more likely to gain extra weight and have weaker hearts, lungs, muscles and bones.

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HAVE 0 SWEETENED DRINKS

Sugary drinks like soda, juice, lemonade, chocolate milk and sports drinks can cause weight gain, type 2 diabetes risk and tooth decay. Just one of these drinks often has more sugar than you should get in an entire day. Water and white milk are the best choices for everyday drinks.

missionhealthykids.org

Mission: Healthy Kids raises awareness about the impact of nutrition and physical activity on kids' physical development, ability to learn and emotional well-being. It promotes policy, systems, and environmental changes in Wisconsin schools that improve health, and it offers resources for students, parents and educators to help kids eat right and stay active.

A partnership of



Children's
Hospital of Wisconsin

Kids deserve the best.