

9-5-2-1-0 -- Your Winning Numbers for Health!

Here are 10 things that **schools** can do to improve student health and promote life-long healthy habits:

Sleep:

1. Become a “sleep-friendly” school by adjusting school schedules to allow later start times for high school students.

Fruits/Vegetables: Five servings of fruits and vegetables per day.

2. Ensure that all food, including vending machines, celebrations, snack bars, and school stores, include healthy food and beverage options
3. Assure that all food sold on school campuses, during the school day, meets minimum nutrition requirements.
4. Serve a variety of foods and increase access to fruits, vegetables and whole grains.

Limit Screen Time: Limit screen time outside of school to no more than two hours per day.

5. Offer a variety of before and/or after school programs that promote physical activity.

Physical Activity: Students need at least one hour of physical activity per day.

6. Require 150 minutes of PE for elementary students and 225 minutes for middle/high school students.
7. Provide a minimum of 30 minutes daily recess that promotes physical activity for elementary students.
8. Integrate health/physical education into other curriculum and provide opportunities for physical activity during class time.

Drink Zero Beverages with Sugar Added

9. Sell only 100% fruit juice, low or non-fat milk or water.

Pass on the message: 9 5 2 1 0 - Your Winning Numbers for Health!

10. Provide health promotion for school staff, who serve as important role models for students.