



September

National Childhood Obesity Awareness Month



The increasing number of childhood obesity threatens the future of our youth by increasing their chances of developing high blood pressure and chronic diseases such as heart disease, cancer, and type 2 diabetes. ‘*Surgeon General*’ **Children that develop healthy habits at an early age are more likely to continue these habits throughout their lifetime.** Fish River Rural Health is a proud supporter of the children’s **5-2-1-0** program.

5- Eat at least five fruits and vegetables a day.

2- Limit recreational TV or computer use to two hours or less.

1 – Get one hour or more of physical activity daily

0 – No Sugary drinks – Try water and low fat milk instead of soda and drinks with lots of sugar.

Fish River Rural Health is a proud recipient of the 2014 & 2015 “Let’s Go!” Site of Distinction Recognition Award.