

Welcome to the Westfield Childhood Wellness Program



We wanted to take the opportunity to share some ways to help promote the **HEALTH** and **WELL-BEING** of our children and our community.

Let's Go! Become healthier by following the simple steps of the 5-2-1-0 Model every day!



Public Health
Prevent. Promote. Protect.

For More Information

Please Visit:
www.letsgo.org

Or Contact:
**Westfield Health
Department**
413-572-6210
59 Court St.
Westfield, MA

www.cityofwestfield.org

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and

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The Westfield Health Department is proud to announce the start of a brand new program aimed at promoting a healthy and safe lifestyle for the children of our community.

We will provide you with a variety of up-to-date information, tips and recommendations about childhood wellness on an ongoing basis.

As we move forward, the Health Department will be partnering and collaborating with community organizations and City departments to increase the effectiveness and outreach of the program.

Please take the time to review this information and see how easy it is to give our children a sound plan to be healthier now and in their future.

We are very excited about the potential this program has. To be successful, we need your help putting our message into action.

Thank you for your support,
Joseph Rouse
Director of Public Health

5-2-1-0 EVERY DAY MODEL

5 or more fruits and vegetables:

- Try new fruits and veggies multiple times
- Frozen and canned are just as nutritious as fresh
- A meal is a family affair - have the family help plan meals

1 hour or more of physical activity:

- Let physical activity be free, easy and fun!
- Take a family walk
- Use the stairs
- Turn on the music and dance

The 5-2-1-0 Model was developed and implemented as a foundation for change.

The model is meant to help change environments and communities where families live, play, learn and work by adapting healthy lifestyle choices.

This handout is adapted from Let's Go! Materials.
www.lets-go.org

2 hours or less recreational screen time:

- Turn the TV off during meal time
- Keep TV and computer out of the bedroom
- Plan your TV viewing ahead of time
- No screen time under the age of 2

0 sugary drinks, more water and low fat milk:

- Put limits on 100% juice
- Keep a water bottle on hand
- Drink water when you are thirsty (it's the #1 thirst quencher!)