

Countdown to nrgBalance

A Five Month Celebration
Highlighting each of the nrgBalance
12345! Recommendations





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- **January:** five servings of fruits and veggies each day
 - Visit www.nrgbalance.org and download a fact sheet focused on #5 that gives family tips for eating more fruits and veggies
 - Hold a “Produce Pentathlon” (featuring 5 fruits and veggies on menus each week)
 - Host a vegetable soup cook-off
 - Feature #5 in a school and community newsletter
 - Create a Fruits and Veggie Challenge(log fruits and veggies)
 - Promote #5 on bulletin boards and other communication pieces



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- **February:** four or more glasses of water or low/no-calorie beverages each day
 - Visit www.nrgbalance.org and download a fact sheet focused on #4 that gives family tips for staying hydrated while keeping calories in check
 - Hold a “decorate your water bottle” contest
 - Set up hydration stations at school, work, and in the community
 - Incorporate “Think your Drink” lessons (comparing water, milk, soda, sports drinks, fruit juices)
 - Feature #4 in a school and community newsletter
 - Promote #4 on bulletin boards and other communication pieces



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- **March: three meals each day**
 - Visit www.nrgbalance.org and download a fact sheet focused on #3 that gives family tips for eating regular meals
 - Celebrate Go for the Greens
 - Host healthy entrée cooking demonstrations
 - Host a Healthy Lunchbox Contest - invite students or employees to pack a healthy lunch incorporating green veggies
 - Feature #3 in a school and community newsletter
 - Promote #3 on bulletin boards and other communication pieces





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- **April: two or less hours of screen time each day**
 - Visit www.nrgbalance.org and download a fact sheet focused on #2 that gives tips for replacing screen time with active family time
 - Download Turn Off the TV Week fact sheets at www.nrgbalance.org
 - Plan an outdoor field day
 - Celebrate Move it Outside
 - Plan an active outdoor recreation fair (demos of outdoor recreation activities)
 - Feature #2 in a school and community newsletter
 - Promote #2 on bulletin boards and other communication pieces





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- **May:** one or more hours of physical activity each day
 - Visit www.nrgbalance.org and download a fact sheet focused on #1 that gives tips for increasing physical activity every day
 - Explore local parks and trails for fun, free physical activity
 - Participate in community walk/runs
 - Keep a personal activity log to keep you motivated each week
 - Feature #1 in a school and community newsletter
 - Promote #1 on bulletin boards and other communication pieces

