November

American Diabetes Month

With the holidays approaching, let's stay focused on our 5210 Healthy Behaviors!

1

Download and distribute this guide on phrases that help and hinder, found at https://psu.box.com/November5210HC, to help promote #5210HC behaviors and remind families how the 5210 Healthy Children messaging campaign impacts our health.

Post to your social media sites!

2

We are heading into the holiday season and this is a great time to remember your #5210HC healthy behaviors. November is also American Diabetes Month. Limiting screen time, adding at least 1 hour of daily physical activity, and consuming 0 sweetened beverages can help prevent the risk of type 2 diabetes. Visit http://bit.ly/2eKPYhx to learn about phrases that can help or hinder these behaviors.

To learn more about 5210 Healthy Children, visit 5210.healthychildren.psu.edu!

Review http://bit.ly/2eKPYhx and your #5210HC healthy behaviors today as we head into the holiday season and American Diabetes Month in November!

Participate in the 5210 Challenge of the Month!

3

Your Challenge this month is to organize a walk or fun run with your family and friends this holiday. Work together to create a route, take pictures along the way, and post to social media tagging #5210HC. Visit https://psu.box.com/5210HCNovemberChallenge to learn more!