



How Fitness Centers May Support 5210 Healthy Military Children

5210 Healthy Military Children is a Military-wide plan to improve child health. It spreads a common message throughout children's communities: where families work, live, and play. The message represents four healthy behaviors children should achieve each day:



- 5 or more servings of fruits and vegetables
- 2 or fewer hours of recreational screen time⁺
- 1 or more hours of physical activity
- 0 sweetened beverages

⁺ review guidelines on parenting strategies to ensure quality screen time (AAP, 2015)

Military community members who use fitness centers likely understand the health benefits of exercise. These health-conscious individuals may be receptive to and enthusiastic about supporting the 5210 message in their community. With that in mind, the resources assembled in this toolkit are designed to help fitness centers support their patrons' healthy lifestyles and provide ideas for promoting healthy behaviors in patrons' families and communities.

The following materials are available for fitness centers:

1. **Tips At Fitness Centers handout** – targets fitness center patrons and provides them with exercise-minded tips to increase fruit and vegetable consumption, be physically active, and decrease sweetened beverage consumption.
2. **Tips At Fitness Centers posters** – includes enlarged versions of the Tips At Fitness Centers handout that are available in two sizes (27" x 40" and 38" x 56") to hang in highly visible locations.
3. **Definitions & Recommendations handout** – explains the 5210 message and its research basis.
4. **Most People Don't Need Sports And Energy Drinks handout** – provides information about the ingredients in, recommendations for using, and possible effects of consuming sports and energy drinks.
5. **Fill Up Here! poster** – advertises locations where reusable water bottles may be filled with drinking water.
6. **Refresh! poster** – promote the use of water fountains and list locations where reusable water bottles may be filled.
7. **Thirst Quencher posters** – advertises drinking fountain locations.

We recommend hanging the poster in highly visible locations in the fitness center, placing the handouts at the reception area and in the locker rooms, and bringing attention to water fountains with the Fill Up Here!, Refresh!, and Thirst Quencher posters. Digital versions of all materials are available and may be inserted into newsletters and uploaded to websites and via social media.

For more information, visit 5210 online at www.5210.psu.edu or email us at 5210@psu.edu. We will be happy to answer your questions!



This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award No. 2010-48709-21867 developed in collaboration with The Clearinghouse for Military Family Readiness at Penn State University. 5210 Healthy Military Children is adapted from Let's Go! www.letsqo.org.