



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 <http://5210.psu.edu/wp-content/uploads/2017/04/1November5210HC.pdf>, 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 <https://t.co/zvH7LagUBa> to learn about phrases that can help or hinder these behaviors.

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



Review <https://t.co/zvH7LagUBa> 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 <http://5210.psu.edu/wp-content/uploads/2017/04/3November5210HCChallenge.pdf> to learn more!