



Get Involved in 5210!

You can help promote healthy behaviors on your military installation or in your community. We have toolkits available for teachers, community leaders, youth program coordinators, and fitness instructors! To get involved follow these steps:

- 1. Review.** To get started, the point of contact, or POC, should become familiar with the available materials, specifically the Implementation Guide and Toolkits that are available at www.5210.psu.edu. These tools will help the POC understand, answer questions, and implement 5210. The POC is responsible for implementing the campaign throughout the installation or community and should be the local subject matter expert.
- 2. Train.** Complete the free online training modules at <http://courses.5210.psu.edu>
- 3. Implement.** All of the materials you need to implement the program can be downloaded on our website at no cost! Resources include toolkits for both military and civilian communities, certification, monthly boosters, posters, and more! Assistance and support is provided by the 5210 Research Team.

Get started right away by visiting www.5210.psu.edu and click on “Get Involved”!

Follow us on Facebook (@5210HC) for program updates and ideas for promoting 5210 healthy behaviors!

Healthy Highlight



1 or more hours of physical activity!

There are endless ways to add physical activity to your family’s daily interactions! Here are some ideas to help you get started!

- Take a hike in the woods or plan a nature scavenger hunt
- Sign up for a local 5k walk
- Play a game of Frisbee
- Go to the park and play on the equipment
- Go canoeing or kayaking
- Do an exercise video together
- Try a free online yoga video



Participate in the 5210 Fall Challenge!

Your challenge is to organize a walk or fun run with your family and friends. Work together to create a route, take pictures along the way, and post to social media tagging #5210HC or #5210HMC so we can join in on the fun!

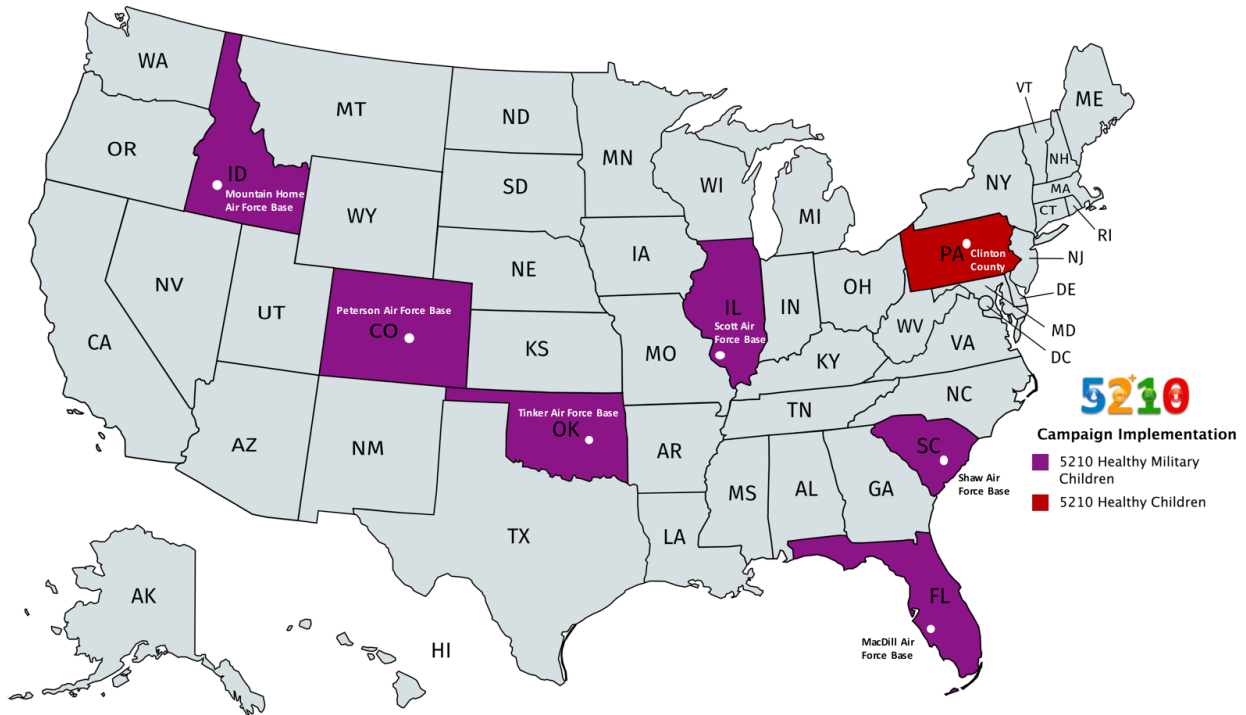
New Recommendations for Fruit Juice

The American Academy of Pediatrics (AAP) recommends that 100% fresh or reconstituted fruit juice can be a healthy part of the diet when consumed as part of a well-balanced diet. However, it should be limited depending on a child’s age:

- Under 12 months: No fruit juice
- 1 to 3 years old: No more than 4 oz per day
- 4 to 6 years old: No more than 4-6 oz per day
- 7 to 18 years old: No more than 8 oz per day

For more information, visit <http://5210.psu.edu/wp-content/uploads/2017/08/mayihavesomejuice7-11-17.pdf>

The following sites have implemented 5210 Healthy Military Children and 5210 Healthy Children campaigns!



Featured Recipe: Butternut Squash Soup

INGREDIENTS:

- 3 ½ cups butternut squash, peeled and cubed
- 1 tablespoon butter
- ¾ cup carrot, chopped
- ½ cup sweet onion, chopped
- 2 ½ cups low-sodium chicken broth
- ¼ cup half-and-half or whole milk
- ¼ teaspoon salt

Source: www.CookingLight.com

DIRECTIONS:

Melt the butter in a large saucepan over medium-high heat. Add the squash, carrot, and onion; sauté for 12 minutes. Add chicken broth and bring to a boil. Cover, reduce heat, and simmer for 30 minutes.

Remove from heat; stir in the half-and-half and salt. Place the squash mixture in a blender. Remove the center piece of the blender lid (to allow steam to escape) and secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.



Contact Us

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