



Community

A guide on how to implement *5210 A Way of Life*



Step 1: What is 5210?

Learn about the different 5210 A Way of Life messages.



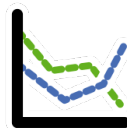
Step 2: What do we do?

Complete the quick survey.



Step 3: What can we change?

Set goals.



Step 4: What worked well?

Complete the evaluation.



Step 5: Celebrate!

Receive recognition and celebrate with your group.



Step 1: What is 5210?

Learn about the different 5210 A Way of Life messages.



Messages

Enjoy! At least 5 vegetables and fruits every day.



- ✓ Eat at least one vegetable or fruit at every meal.
- ✓ Try a new vegetable or fruit. It may take many attempts before you enjoy a new taste.
- ✓ Wash and cut up vegetables and fruits so they are ready to grab and eat. Remember to place them where they will be seen.
- ✓ Try new ways to prepare vegetables and fruits to make them tasty.

Power down! No more than 2 hours of screen time per day.*



- ✓ Make screen time rules.
- ✓ Keep screens out of the bedroom.
- ✓ Turn off screens and enjoy a family meal together.
- ✓ Find ways to have fun without screen time.

* No screen time under the age of two.

Move more! At least 1 hour of physical activity every day.



- ✓ Enjoy outdoor activities every season.
- ✓ Plan to be active every day.
- ✓ Find activities you enjoy.
- ✓ Be active together.

Drink more water! 0 sugar added beverages.



- ✓ Make water your first choice. Add slices of vegetables or fruit for flavor.
- ✓ Plain milk and soy beverages are part of a healthy diet.
- ✓ Read the ingredient list to know if sugar has been added.
- ✓ Avoid sugar added beverages such as pop, fruit punch, sport and energy drinks and even limit 100% pure fruit juice.



Step 2: What do we do?

Complete this quick survey



Reflect and Assess

1. Does our group offer/sell healthy food at events or meetings?

2. Is our group physically active at events or meetings?

3. Does our organization serve/promote water as the healthiest beverage choice?

4. Does our fundraising promote healthy lifestyles?

5. Does our group promote a healthy lifestyle to families, parents and the community?

6. Does our group provide education about healthy lifestyle to our members?



Step 3: What can we change?
Set goals.



Action Plan

Look back through the 6 questions and the 5210 A Way of Life messages and write 1 to 3 goals that you would like to work on this month, season, or year.

Goal 1. _____

Goal 2. _____

Goal 3. _____

What steps do you need to take to achieve your goals? List the tasks below:

Goal 1. What are the tasks?		Who will complete the task	By when
1			
2			
3			
Goal 2. What are the tasks?		Who will complete the task	By when
1			
2			
3			
Goal 3. What are the tasks?		Who will complete the task	By when
1			
2			
3			



Step 4: What worked well?

Complete the evaluation.



Success

Complete the evaluation and submit to your 5210 A Way of Life leader

Goal 1. _____

How did we implement this goal? Fully Partially Not implemented

Goal 2. _____

How did we implement this goal? Fully Partially Not implemented

Goal 3. _____

How did we implement this goal? Fully Partially Not implemented

We also have this goal (if applicable):

How did we implement this goal? Fully Partially Not implemented

If you had any difficulties implementing your goals, what were they?

Do you have any suggestions to improve 5210 A Way of Life in the community?



Step 5: Celebrate!

Receive recognition and celebrate with your group

- By having implemented your 5210 goals you will receive a decal recognizing your participation in 5210 A Way of Life.
- Your group will also be featured on our website and we can also promote your story in the media.
- Celebrate with your group!