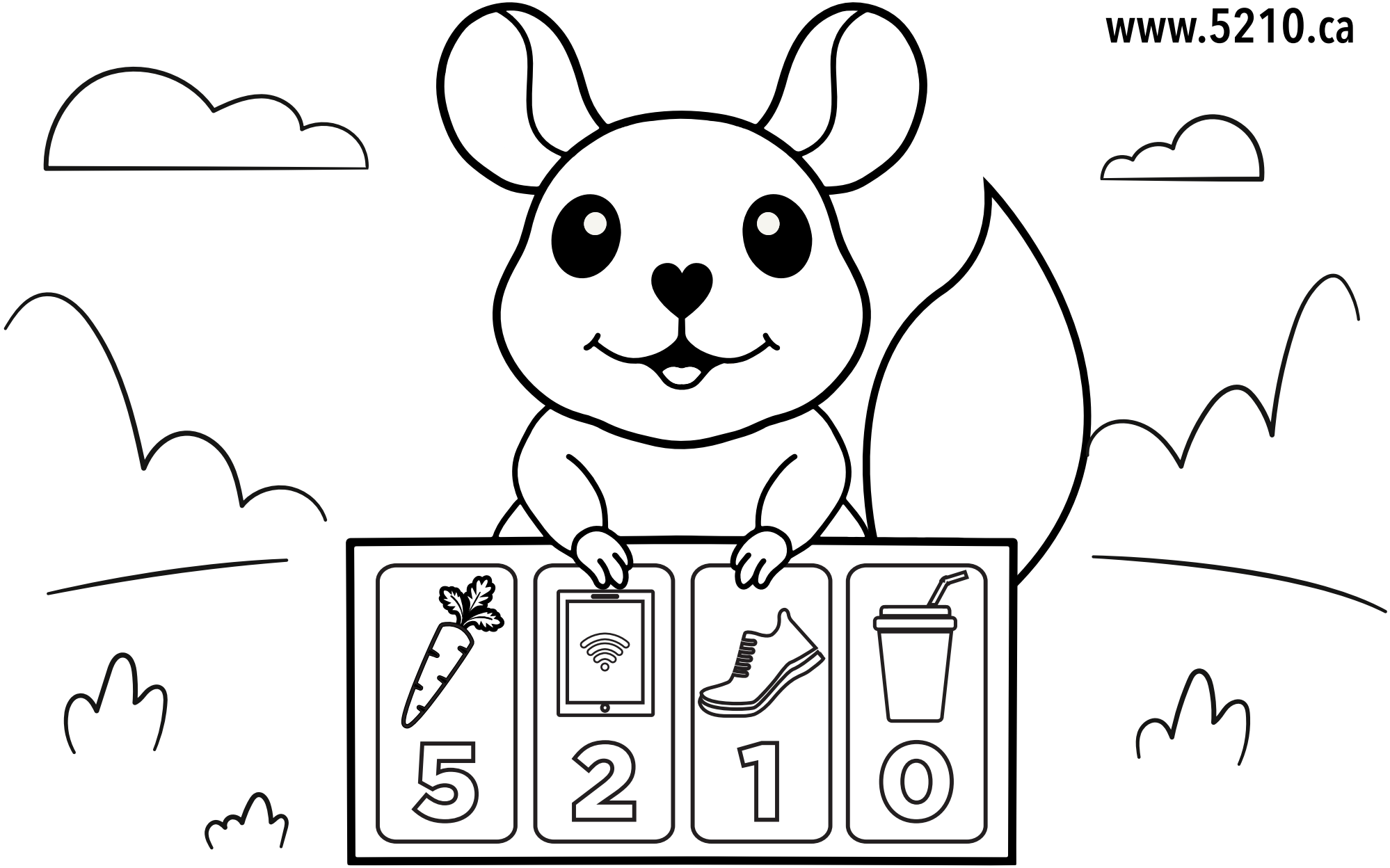
www.5210.ca

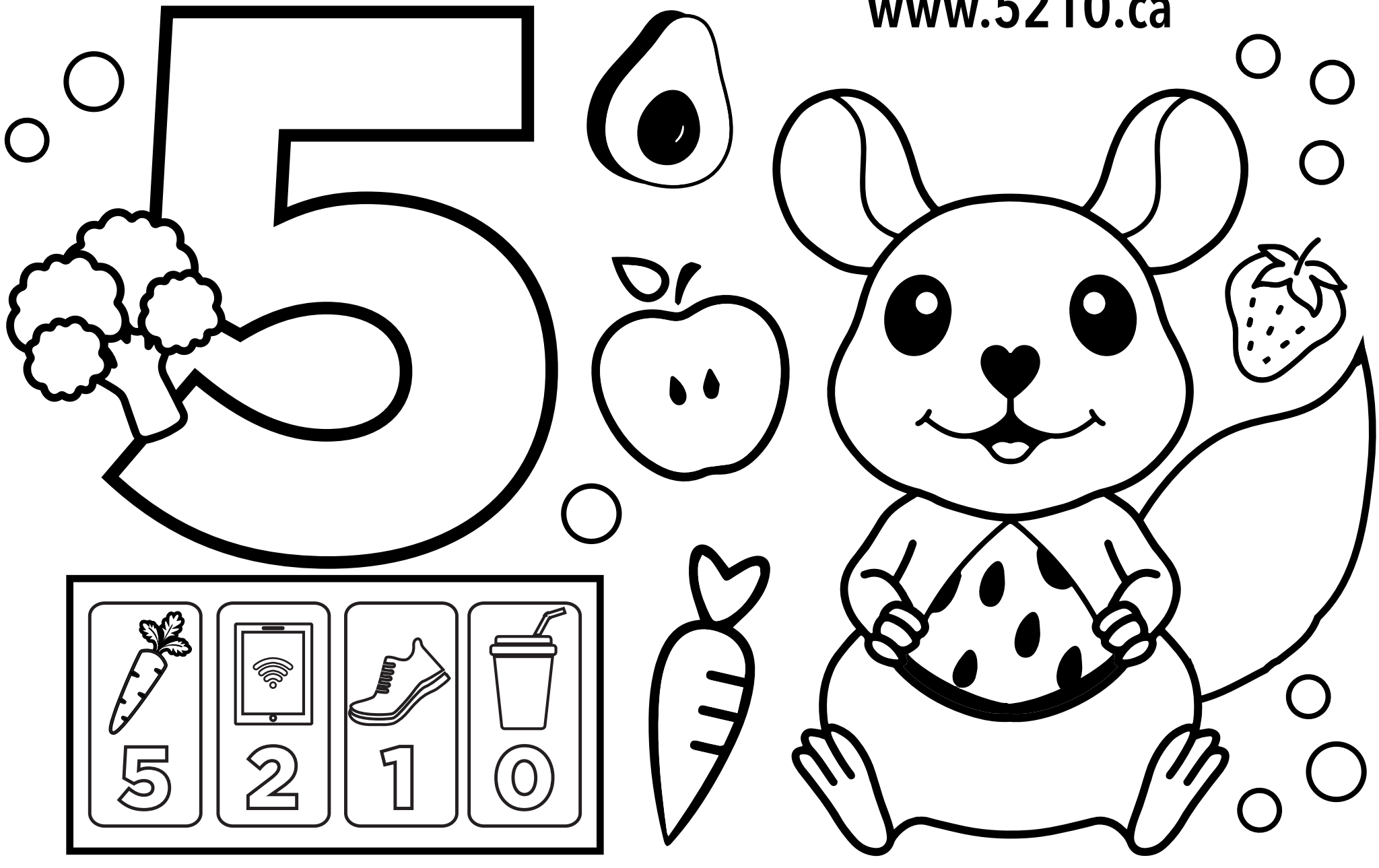


Chi likes to lead a healthy way of life by following the 5210 messages.

Chi aime mener une vie saine en suivant les messages 5210.

Chi weleyasit aqq majulkwatk 5-2-1-aqq 0 ujit ta'n tli-wlo'titen.

www.5210.ca



Enjoy! At least 5 vegetables and fruits every day.
Savourez! Au moins 5 légumes et fruits chaque jour.

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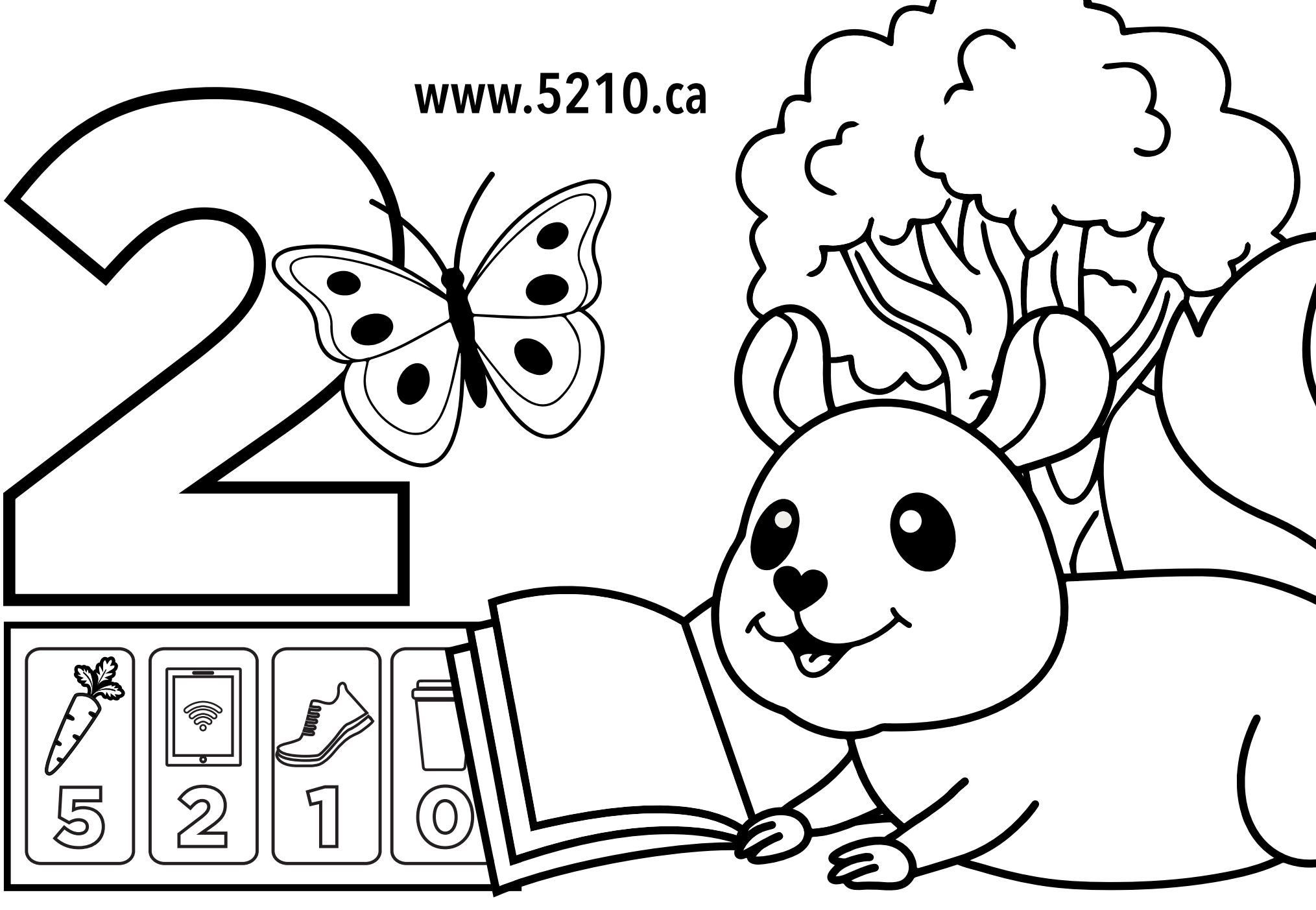

Power down! No more than 2 hours of screen time per day.

Éteignez! Pas plus de 2 heures par jour devant l'écran.

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

Bougez! – Faites au moins 1 heure d'activité physique chaque jour.

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Drink more water! – 0 sugar added beverages.

Buvez plus d'eau! – Consommez 0 boisson avec sucre ajouté.

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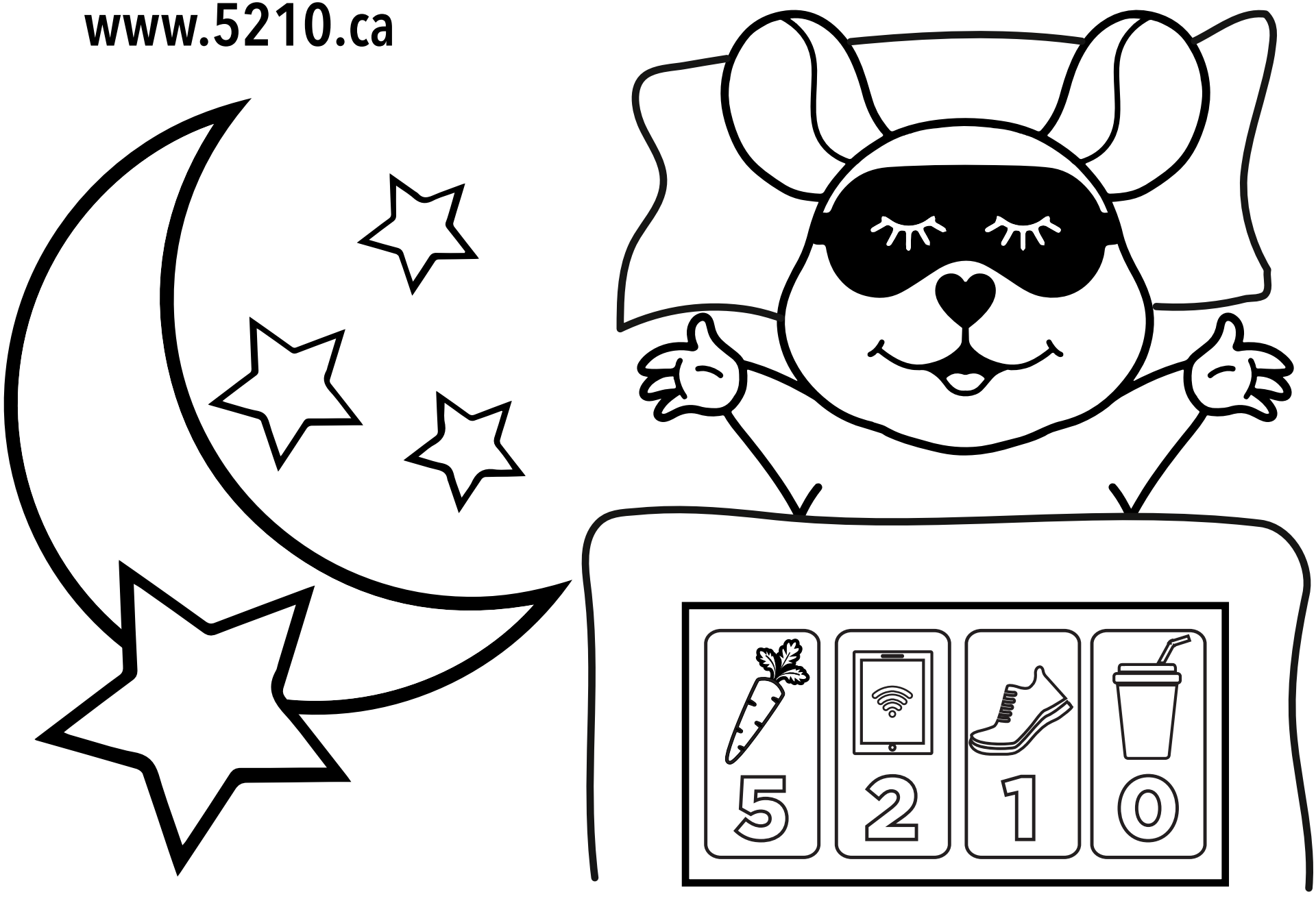

Sleep well! You can improve your physical and mental health by sleeping well.
Dormez bien! Une bonne nuit de sommeil améliore la santé mentale et physique.