

Free Healthy Lifestyle Classes

We want to help you raise fit, happy children. In our free monthly *Healthy Lifestyle Class*, a registered dietitian from Nemours Children's Specialty Care, Jacksonville will show you how to help your family eat better, include more physical activity in your day and maintain a healthy lifestyle. Learn a new topic each month. Please schedule your session by calling (904) 697-3756.

2015 Healthy Lifestyle Class Schedule: Sessions are held monthly from 3:30-4:30 p.m. at Nemours Children's Specialty Care, 807 Children's Way, Jacksonville, FL 32207, in the 10th Floor Auditorium.

5-2-1-Almost None – An Easy Formula for a Healthy Lifestyle

January 15 and July 16

My Plate – Learning About Portion Control

February 19 and August 20

How to Read a Nutrition Label/Eating on the Run

March 19 and September 17

Planning Healthy Meals on a Budget

April 16 and October 15

Fun, Easy Ways to Get Active

May 21 and November 19

Successful Navigation of the Grocery Store

June 18 and December 17



5-2-1-Almost None A formula for a healthy lifestyle

Nemours is committed to helping people understand the causes and implications of being at an unhealthy weight. 5-2-1-Almost None is our way to promote a healthier lifestyle for children and families. It's an easy formula for success.

5 or more fruits and vegetables **2** hours or less of screen time **1** hour of physical activity **Almost no** sugary beverages



Online Resources for Healthy Lifestyles



Nemours KidsHealth.org is the most-visited site on the Web for children's health information. Visit the Nutrition Center to find out more about the 5-2-1-Almost None formula, healthy ideas, recipes and inspiring stories of kids who are making healthy changes in their lives.



ChooseMyPlate.gov is based on the 2010 Dietary Guideline for Americans to help people make better food choices. The colorful MyPlate application shows you how to balance calories and food groups for a healthier lifestyle.



LetsMove.gov is a program developed by first lady Michelle Obama to help reduce childhood obesity by giving parents and educators helpful information and creating environments that support healthier choices.