

## 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.