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5-2-1-0 Festival Celebrates a Day of Good Health and Great Fun

Phipps offers a day of interactive activities to encourage healthy behaviors in kids

Pittsburgh, Pa. — Join us at [Phipps Conservatory and Botanical Gardens](#) on Sun., Feb. 7 as we celebrate the launch of 5-2-1-0, [Let's Move Pittsburgh's](#) initiative to reinforce healthy lifestyle choices that benefit local kids. Plus, during every Sunday in February, receive half-price admission when you wear a tropical shirt! From 11 a.m. – 2 p.m. on Feb. 7, kids can delight in activity stations:

- Savor delicious tropical fruits such as papaya, starfruit and more, all generously donated by Giant Eagle.
- Dance along with [BaM Choreography](#) from 11:30 a.m. – 1:30 p.m. as they lead fun and funky hip hop routines.
- Join us for upcycled crafts using everyday materials to create a bean bag toss, kick the can game, box maze and basketball hoop.
- Get active with hula hoops and fruit-and-veggie Twister games!
- Stop by [UPMC Health Plan's](#) table for tips and tricks on staying healthy and active.
- Participate in each of the 5, 2, 1 and 0 activity stations and receive a prize!

All activities are free with Conservatory admission, which is \$15 for adults, \$14 for seniors and students, and \$11 for children (2 – 18). Members and kids under 2 enter free. More details can be found at phipps.conservatory.org.

Phipps' [Let's Move Pittsburgh](#) initiative is proud to collaborate with Let's Go!, a national children's health program, in bringing the [5-2-1-0 movement](#) to Pittsburgh by promoting four key daily guidelines for healthy eating and physical activity: **5 or more servings of fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity, and 0 sugary drinks and more water.**

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About Phipps: Founded in 1893, Phipps Conservatory and Botanical Gardens in Pittsburgh, Pa. is a green leader among public gardens with a mission to inspire and educate all with the beauty and importance of plants; to advance sustainability and promote human and environmental well-being through action and research; and to celebrate its historic glasshouse. Learn more: phipps.conservatory.org.

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