

Have a Holly Jolly 5-2-1-0 Holiday

Here are some tips to follow 5-2-1-0 guidelines during snowy holidays or special occasions:

5 OR MORE
FRUITS &
VEGETABLES
EVERY DAY

- Eat a light, healthy, balanced breakfast. Include one serving of fruit. Examples are:
 - ½ cup of berries in 1 cup plain, fat-free Greek yogurt with ¼ cup unsalted almonds
 - 1 piece of whole wheat toast with 1 Tbsp. nut butter and 1 banana
- Include at least one serving vegetables in your lunch or appetizers. A salad would be quick and light before your heavy dinner meal. Examples of appetizers that include veggies are:
 - Baked kale chips
 - Carrots and sliced peppers with Greek yogurt spinach dip
 - Sweet potato fries
 - Celery slices served with peanut butter and raisins.
- Have two or more servings of vegetables with your dinner. Examples are:
 - 1 cup roasted Brussels sprouts with garlic
 - Peas
 - Green beans
 - Baked squash
- Have one serving of fresh fruit with your dessert or as your dessert.
- If you are not hosting the dinner, be sure to bring a healthy appetizer. You can fill up on this before your meal if no other healthy options are available.

2 HOURS
OR LESS
RECREATIONAL
SCREEN TIME
EVERY DAY

- Avoid turning on the TV in the morning if possible.
- Take a break between TV time to get more exercise. Here are some helpful ideas:
 - Set up a scavenger hunt around the house for the kids.
 - Set up a workout circuit around the house and offer a prize at the end for the person who completes it first.
 - Avoid using food or screen time as rewards.
- After dinner, play board games or trivia games with your guests to stimulate your brain.

SEE MORE TIPS ON THE REVERSE SIDE OF THIS SHEET!

1 HOUR
OR MORE
OF PHYSICAL
ACTIVITY
EVERY DAY

- Get a quick 20 minute workout in the morning of a big holiday.
 - Tip: you can find free workouts and yoga routines online.
- Incorporate stretching, squats, bicycle crunches, jumping jacks or push-ups during commercial breaks.
- Get in another quick 20 minutes of physical activity later in the day, before your large meal. Some ideas are:
 - Play a holiday-themed tag game as a group
 - Go outside and play in the snow (if the weather permits)
- Wait at least 30 minutes after your meal before you try more physical activity. This will help you to digest and burn off some of the food that you just consumed.

0 SUGARY
DRINKS AND
MORE
WATER
EVERY DAY

- Drink water throughout the day to limit overeating and prevent dehydration.
- Avoid sugary drinks. Have fruit-infused water as an option for your guests if they do not want plain water, or try making a Phipps Splash!
- Drink a glass of water before you go to bed.



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Visit letsmovepittsburgh.org/5210 to learn how to make a Phipps Splash at home!

Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.

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Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.