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Handheld Health on the Rise

Phipps Conservatory utilizes mobile technology to foster “handheld health.”

Pittsburgh, Pa. — Whether checking emails, Facetiming friends or posting pictures to social media, adults and kids alike are immersed in mobile technology every single day. While the myriad activities available on handheld devices make it easy to slip into a sedentary lifestyle, the [Let's Move Pittsburgh](#) program at [Phipps Conservatory and Botanical Gardens](#) is harnessing the power of mobile technology to bring healthy tips and tricks right to your fingertips.

If you become confused while deciphering nutrition facts on items in the grocery store, and you can't decide if they're healthy choices for you and your family, there's an app for that! Let's Move Pittsburgh's [Green Light Foods](#) is a free mobile app allowing you to scan barcodes on packaged foods and beverages. The app then shows you the item's nutritional profile in the form of easy-to-read red, yellow or green lights. Users also have access to the app's healthy tips and links to useful resources, so that even the busiest families will stay on a happy, healthy track.

What if — instead of having to research health and wellness tips on your own — the tips could be sent right to you? Now, with the [5-2-1-0 Texting Program](#), they can! By texting LETSMOVEPGH to 41411, subscribers will receive two text messages per week containing helpful tips from medical professionals. These tips make it easier than ever to adopt the 5-2-1-0 lifestyle, which represents 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 every day.

Green Light Foods, which was developed in collaboration with Carnegie Mellon University and Wahila Creative, is available for download on both Google Play and the App Store.

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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.

About Let's Move Pittsburgh: Let's Move Pittsburgh, an initiative of Phipps Conservatory and Botanical Gardens supported in part by UPMC Health Plan and the Hillman Foundation, is a collaborative effort of organizations, healthcare providers, educators, parents and caregivers in southwestern Pennsylvania committed to leading children in the region toward a healthier future. The program is inspired by First Lady Michelle Obama's Let's Move! campaign to curb childhood obesity through raised awareness about the benefits of healthy foods, decreased screen time and increased physical activity for children. Learn more: letsmovepittsburgh.org.

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