



September

FEATURE: 2022 Edition



Here is how you can put 5-2-1-0 into action this month:

BEST WAY TO BUCKLE UP

Car crashes are a leading cause of death for youth ages 1 to 13. Youth should ride in the back until they turn 13. Many youth ages 8 to 12 need to use a booster seat to stay safe.

Use a booster seat until they outgrow the booster seat's size limits. The [Car Seat Finder](#) is an

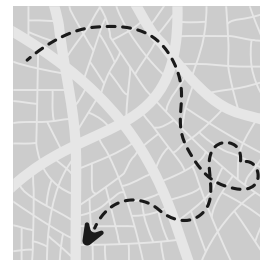
easy-to-use tool that helps you find the right car seat. Always use a seat belt. Never ride with the shoulder belt under an arm or behind your back. It could cause severe injuries in a crash!



Source: NHTSA

CREATE A HEART

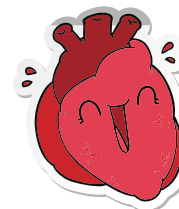
Celebrate World Heart Day by walking, running, or biking a heart shape in your city. The distance doesn't matter - every step counts! Bring your friends along for added fun. MapMyWalk is a free mobile app that you can use to create and share your route with others.



Source: World Heart Federation

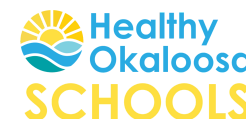
HELP YOUR HEART

Every part of your body needs water to work - including your heart. It pumps about 2,000 gallons of blood through your body each day. Drinking water helps your heart do its job.



Source: The Heart Foundation

The 5-2-1-0 Feature is brought to you by:



SHARE YOUR 5-2-1-0 FUN ON SOCIAL MEDIA:

#HealthiestWeightFL

FIND MORE 5-2-1-0 RESOURCES: <https://bit.ly/HealthyOkaloosa5210>

BREAKFAST BANANA SPLIT

Breakfast cereals and pastries can have a lot of added sugar. Start your day off right with a healthier breakfast. Try a Breakfast Banana Split. This recipe will help boost your energy and give your brain a jumpstart!

Ingredients

- 1 small banana
- 1/2 cup granola
- 1/2 cup yogurt
- 1/2 cup pineapple, chunks
- 1/2 teaspoon honey (optional)
- Nuts or seeds (optional)

Directions

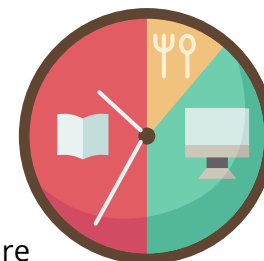
- Peel banana.
- Cut the banana in half lengthwise.
- Place one half banana in a bowl.
- Spoon yogurt over the banana.
- Sprinkle granola and drizzle honey, if desired.
- Top with pineapple
- Add nuts or seeds for more protein, if desired.
- Serve immediately.



Source: Food Hero

FINDING YOUR BALANCE

Screens and digital media are becoming a big part of our lives. We use screens every day. We watch our favorite shows on a TV screen. We send texts and memes to our friends on a phone screen. We play games on a tablet screen. We use a laptop screen to do homework. Sitting in front of a screen all day means that you are moving around less.



Find your "media balance." Be aware of how much time you are spending on screens each day. Use screens in a way that feels healthy, useful, and the right amount. There's no one formula that's right for every person, but we should try to limit the time we use a screen to relax. Two hours or less per day should be enough for everyone.



Source: Common Sense Media

RESOURCES MENTIONED IN THIS NEWSLETTER



Best Way To Buckle Up: <https://bit.ly/3neb5OS>

The Car Seat Finder Tool: <https://www.nhtsa.gov/campaign/right-seat>

Create a Heart: <https://bit.ly/3OvuB5g>

Help Your Heart: <https://bit.ly/3HQIlp2>

Breakfast Banana Split: <https://bit.ly/3yiZ41e>

Find Your Balance: <https://bit.ly/3ngoqqh>