



February

FEATURE: 2023 Edition



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

PROTECT YOUR TEETH

How you care for your baby teeth can affect the teeth you will have as an adult. Keep your teeth in good health by brushing for 2 minutes at least 2 times each day.

Choose a toothpaste with fluoride. Regular use of fluoride toughens the outer part of your teeth. Ask your dentist for fluoride supplements during your cleaning appointment. Drink water. Sugary drinks and juices can cause cavities. Rinse your mouth with water or brush your teeth after eating. Sticky gummy candy, gummy vitamins, or fruit leather or "roll-ups" can weaken teeth. Floss your teeth every day.



Source: KidsHealth

STRAWBERRY S'MORES

Ingredients

- 2 strawberries
- 1 graham cracker
- 1/8 cup yogurt, low-fat vanilla

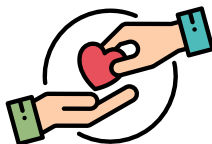
Directions

1. Rinse and slice the strawberries.
- 2 Add the yogurt and strawberries to 1/2 of graham cracker. Top with the other 1/2 of graham cracker.
3. Enjoy!



Source: MyPlate

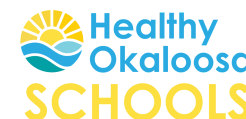
ACTS OF KINDNESS



Do something nice for someone else. Acts of kindness are free and spread positivity. It can cause a ripple effect inspiring to share kindness with others.

Source: stopbullying.gov

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>

HULA HOOP REMIX

Hula Hoops are a cheap and fun way to get moving. You can twirl the hoop around your waist, arms, or neck to get your heart pumping. You can also use hula hoops to create a hopscotch course. For this remix on hopscotch, jump from hoop to hoop! Make it more challenging. Spread the hoops further apart. Assign different moves for each colored hoop. You can use the ideas listed below or come up with your own sweet moves.

Red - Balance on one foot for 10 seconds.

Orange - Do 10 jumping jacks.

Yellow - Touch your toes 5 times.

Green - Frog jump to the next hoop.

Blue - Squat 10 times.

Purple - Jump rope with the hula hoop 5 times.



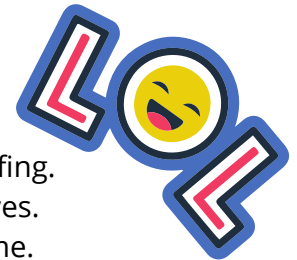
Battle it out! Create a hula hoop challenge course. Time each person to see how quickly they can complete all the challenges. The fastest time wins! Complete the course again to see if a new person wins.

Source: Children's Bureau.

SCHEDULE FAMILY LAUGHTER

Don't go one day without laughing. Laughter has many health benefits. It is also good for building strong bonds with others. Laughter relaxes the whole body. A good laugh can relieve tension and stress for up to 45 minutes after. It decreases stress. It makes your body feel good. It can even relieve pain. Laughter improves the function of blood vessels and increases blood flow. Laughter brings people together and strengthens relationships. Create opportunities to laugh together. Here are some ways to enjoy laughing as a family:

- Share a good joke.
- Tell a funny story.
- Play with your family pet.
- Go bowling or miniature golfing.
- Make a craft using googly eyes.
- Read a funny book at bedtime.
- Play a board or card game together.
- Choose a comedy for family movie night.
- Go for neighborhood walk. Sing a silly song.



Source: HelpGuide

RESOURCES MENTIONED IN THIS NEWSLETTER



Protect Your Teeth: <https://bit.ly/3OJkf18>

Strawberry S'mores: <https://bit.ly/3oAjahN>

Acts of Kindness: <https://bit.ly/3cCqExR>

Hula Hoop Remix: <https://bit.ly/3BIHX0r>

Schedule Family Laughter: <https://bit.ly/3zP5cz7>