February 2022

Healthy Kids Connection is a bi-monthly source of news, resources, contests and education to help keep northern Colorado families and schools healthy and connected.

February is American Heart Month AND Healthy Kids 5210+ Challenge Month!

Celebrating American Heart Month during Healthy Kids 5210+ Challenge Month is the perfect combination. All of the 5210+ healthy habits contribute to a healthy heart as well as a healthy mind! Show your body some LOVE and Challenge yourself to get a minimum of 80 checkmarks on your 5210+ Challenge Tracking Log. If your school is registered, each student will receive one printed Tracking Log. Each family will receive one printed Family Tracking Log (usually distributed to the oldest/only student.) Click here for lots of great ideas to help you earn 80 or more checkmarks for a FREE t-shirt!

Click here to view the Healthy Kids 5210+ Challenge 2022 video for instructions on how to fill out the Student Tracking Log and submit your checkmarks at the end of the Challenge!

What is the Student Tracking Log?
The Student Tracking Log (yellow with black ink.) features all 5210+ healthy habits every day. The total number of checkmarks a student can get for the entire month is 140. To earn a t-shirt, a student needs to get 80 checkmarks.

Healthy Kids Club Program Updates

Healthy Kids Club is now a part of the UCHealth Healthy Hearts department. Healthy Hearts has been providing free heart health education and screenings to elementary, middle and high schools since 1992.

Healthy Kids Connection is distributed bi-monthly to Elementary Office Managers, PE teachers and Healthy Kids Club’s mailing list. For more information: laurie.zenner@uchealth.org

Click Here to be added to the Healthy Kids Club Mailing List.

www.healthykidsclub.org

UCHealth - Healthy Kids Club
@healthykidsclub

Celebrate Valentine’s Day with these fun fruit ideas!
Click on the images below for more information.

Active, heart pumping fun for the whole family!
Just move more! Click on the image below to read some great daily tips on keeping your family active!

Better sleep!
Did you know that yoga can help you relax and get better sleep? Click on the image below for more information.

Last year, we asked families to share a photo of a fruit or vegetable that helped to keep their family healthy. Here are some of our favorites, but check out our tips and resources Google site for even more!

General

• Post log(s) on fridge as a visible reminder to fill out log.
• Put sticky notes throughout house with reminders ("did you fill out your log today?" "be sure to get some exercise" "turn off that screen").

5 fruits and vegetables

• Frozen fruit and vegetables are a great option when fresh is out of season.

2 hours or less of screen time

• Put sticky notes on screens suggesting other ideas.

1 hour of more of physical activity

• Plan active outdoor activities with friends/other families during the Challenge.

0 sugary drinks

• Keep your water bottle in a visible spot during the day as a reminder to drink water instead of a sugary drink.

+9 or more hours of sleep

• Don’t plan activities late into the evening that will interfere with bed time.

What is the Family Tracking Log?
The Family Tracking Log (blue with black ink) features one daily activity for the whole family to practice the 5210+ healthy habits. Families with a minimum of 20 checkmarks who complete the submission form will be entered into a drawing for a Healthy Kids Prize pack.