

9-5-2-1-0 GO

Living a healthy lifestyle requires a combination of multiple factors, from sleep and nutrition, to physical activity and time management. Finding the right balance encourages optimal health and reduces the risk of disease and weight-related problems. Use these tips to make smart choices following the 9-5-2-1-0 guidelines.

- **9** hours of sleep nightly
 - Set a consistent bedtime (including weekends) and follow a nighttime routine
 - Avoid caffeinated foods and beverages after 3 p.m. so as to not interrupt or delay sleep
 - Turn off electronics (TV, computer, smartphone) at least 60 minutes before bedtime, and keep them out of the bedroom
- **5** servings of vegetables and fruit (3 or more vegetables and 2 fruits)
 - Eat at least one vegetable with each meal and one fruit with each snack
 - Don't be afraid to try new foods. Our taste buds change over the years and you never know, you might find your new favorite food!
 - Eat the rainbow, choosing a variety of colors of fruits and vegetables
 - Try different preparations such as baking, roasting, steaming, or sautéing
- **2** hours or less of screen time (TV, computer, tablet, or smartphone)
 - Instead of turning on the TV after dinner, take a walk or meet up with friends
 - Create screen-free bedrooms and meal times
 - Make small reductions in screen time per week
 - Consider reading as an alternative to media consumption
- **1** hour or more of daily exercise
 - Choose activities that are fun; biking, walking, skating, skateboarding, weight lifting, swimming, yoga/stretching, sports, running, outdoor games
 - Break exercise down into manageable chunks; 3 20-minute bouts is just as good as 60 straight minutes
 - "Exercise" does not have to be structured, free outdoor (or indoor) play while moving, sweating, and getting the heart rate elevated is necessary for health
- **0** sweet drinks such a regular juice, soda, sweet tea, lemonade, and sports drinks
 - Choose water as the primary beverage for hydration and health
 - IF choosing to consume, opt for unsweetened tea or diet soda over their sugary counterparts. However, artificial sweeteners are still not ideal.



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