

# 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 help students 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, encouraging kids to assist with the meal preparation
  - Be sneaky, like adding
  - 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, go outside or play a game as a family
  - Create screen-free bedrooms and meal times
  - Make small reductions in screen time per week
  - Encourage reading, either alone or with parents 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 kids and their development
- **0 sweet drinks such a regular juice, soda, sweet tea, lemonade, and sports drinks**
  - Choose water as the primary beverage for hydration and health
  - Opt for unsweetened tea or diet soda over their sugary counterparts if choosing to consume



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