

LIVE **54218**.ORG

5 Eat 5 fruits or vegetables every day



4 Drink 4 bottles of water every day instead of sodas, sports drinks or fruit drinks



2 Spend **LESS** than 2 hours in front of TV, computer, video games, etc.



1 Engage in at least 1 hour of physical fun every day.

8 Get at least 8 hours of sleep every night.



Memorize **54218** and make it your new healthy habit!