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Every Day!



Frequently Asked Questions:

- **What if my child does not have time to get 10 full hours of sleep?**
 - These are guidelines, and it is okay to not reach the full amount every day. Use these numbers as goals your student should try to reach; remembering that sometimes it will not be possible.
- **What is a “sweetened drink?”**
 - A sweetened drink is any drink that is flavored by calories or sugars. Coke, Sprite, Diet Coke, Hawaiian Punch, and Gatorade are all sweetened drinks. Non-sweetened drinks include water, skim milk, and 100% unsweetened juice.
- **Where did these numbers come from?**
 - 5-2-1-0 Let’s Go! is a national childhood obesity prevention campaign, adopted last year by the East Baton Rouge Parish School System through its Wellness Policy. It has also been adopted by Michelle Obama’s Let’s Move campaign, as well as by other cities throughout the state of Louisiana, including Shreveport and New Orleans. Baton Rouge added “10” because of the growing body of research showing how lack of sleep is linked to obesity and other behavioral health issues in children.