



Every Day!

- 5** or more servings of fruits and vegetables
- 2** hours or less of recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks and more water

\*Keep TVs/computers out of the bedroom. No screen time under the age of 2.

**Let's Move**  
Pittsburgh

*Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens.  
This program is adapted from Let's Go! [www.letsgo.org](http://www.letsgo.org)*

UPMC HEALTH PLAN