

WIC WELLNESSWORKS

[95210 The Whole Picture of Health](#) makes it easy to remember some of the most important steps families, community organizations and work-sites can take to prevent obesity and chronic diseases. With simple health messages behind each number, 95210 communicates key behaviors that promote healthy weight and overall good health.

Five daily habits can help children and adults live healthier lives and sustain a healthy body weight.

1. Get at least **9** hours of sleep
2. Eat **5** servings of fruits and vegetables
3. Limit screen time to **2** hours or less
4. Get at least **1** hour of physical activity
5. Eliminate (**0**) sugary drinks and tobacco

A **95210 Family Health Tracker** is a free and easy way for families to track their daily numbers that matter the most: sleep, nutrition, screen time, physical activity, sodas and sugary drinks, tobacco exposure, and more.

Members may track their health either through their PC or smartphone quickly and easily! Visit

<http://www.95210.org> for more information.

