

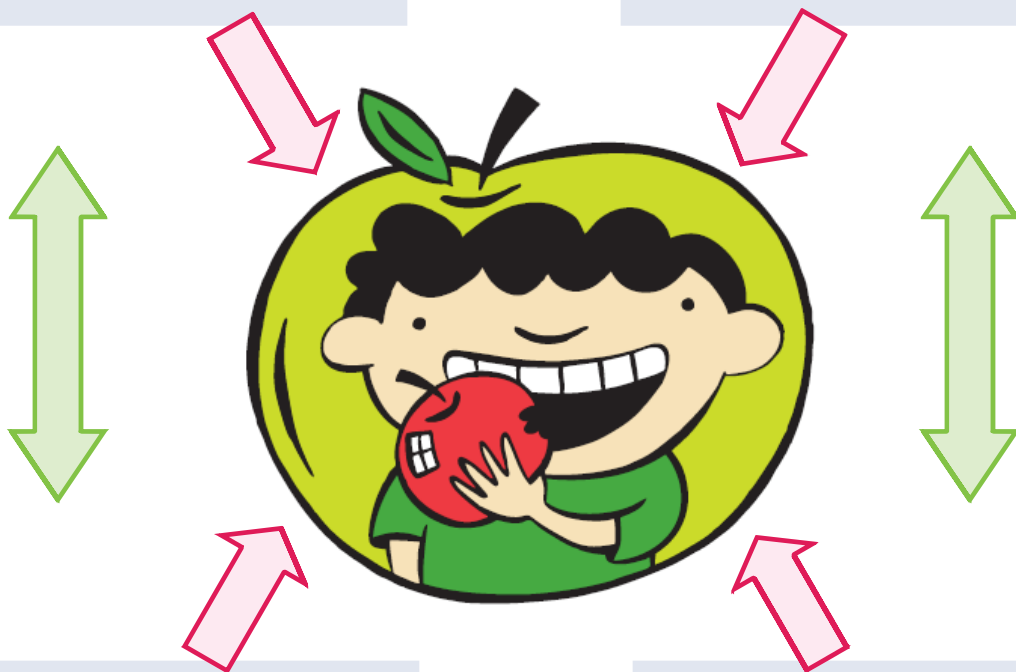
Everyone Has a Role to Play in 5-2-1-0 Goes to After School

The Role of the Classroom:

- Increase opportunities for physical activity and healthy eating during the program day using the 5-2-1-0 strategies.
- Educate children of the importance of physical activity and healthy eating.

The Role of the After School Program:

- Implement a strong wellness policy that supports 5-2-1-0 strategies.
- Role model 5-2-1-0 behaviors.
- Create an environment that is supportive of 5-2-1-0 strategies.



The Role of the Community:

- Local doctors, dentists, parents, and other professionals share their expertise with child care programs.
- All school programs, child care programs, recreation centers, and libraries can promote and practice 5-2-1-0 to support consistent messaging.

The Role of the Family:

- Create a home environment that is supportive of 5-2-1-0 behaviors.
- Become involved in 5-2-1-0 Goes to After School and other initiatives that promote physical activity and healthy eating.
- Role model 5-2-1-0 behaviors.

