

5-2-1-0 Go, Worcester, Go!

Ariana Perry, UMASS Medical School Class of 2022



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Exercise & Play







Get Outside and Play for at Least 1 Hour a Day!





Ose TVs, Computers, Tablets, and Phones Less Than 2 Hours a Day



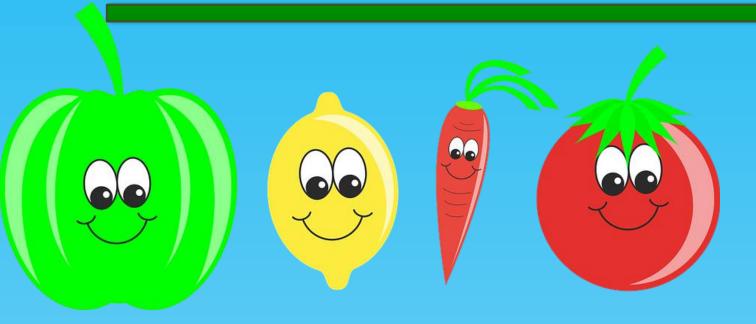
How do you grow healthy and strong?

Each day make sure you...



Thank you to all the staff at Rainbow, the Worcester Department of Public Health, UMASS, and the AHEC grant that funded this summer project.





Eat 5 Servings of Fruits & Vegetables Every Day!











Drink LOTS
of Water and
of Sugary
Beverages
Like Soda, Juice,
or Sports Drinks.