5-2-1-0 Go, Worcester, Go!
Ariana Perry, UMASS Medical School Class of 2022

How do you grow healthy and strong?
Each day make sure you…

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

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

Drink LOTS of Water and 0 Sugary Beverages
Like Soda, Juice, or Sports Drinks.

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Eat 5 Servings of Fruits & Vegetables Every Day!