

## Contact Information

Club 5210 - Community Health Services  
2 Peartree Way  
Beaver, PA 15009  
412-749-4252

Club 5210 is a collaboration among your school district, local YMCA & Heritage Valley Health System.

*This program was designed in consultation with pediatricians.*



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MKT000120 (9/22)



## Club 5210

Health & Wellness for Grades 3-5



## Club 5210

You should do these things every day:

- Eat **5** fruits and vegetables
- Limit your screen time to **2** hours, max
- Enjoy **1** hour of physical activity
- Decrease the amount of sugar-sweetened beverages to **0** servings.

## Critical Role of Eating Right and Exercising Regularly

Physical activity and proper nutrition are critical to good health and the payoffs are huge. It is important to form healthy habits at an early age so that good choices and physical activity become life-long habits.

## Benefits of Healthy Eating and Exercise

- Boosts energy levels and promotes sound sleep.
- Lowers the risk of chronic illness.
- Improves the feelings of well-being.
- Contributes to healthy bones, muscles, and joints.

## The Program

Club 5210 is a 10 week health and wellness program, designed for children in grades 3-5, that takes place after school. The program is designed to promote a healthier lifestyle by focusing on the importance of physical activity and healthy eating.

## Program Components

**Interactive Learning Modules.** Provides information regarding nutrition and healthy eating. A healthy snack is provided during each module.

**Fun-Filled Physical Activities.** Club 5210 is about trying new activities that keep children moving. Past participants have enjoyed swimming, wally ball, soccer, body pump class, hiking, yoga, and many more activities.

**Family Participation.** Parents are encouraged to attend any and all sessions. Parents will receive a Club 5210 newsletter containing healthy tips and information on how to get your family moving and eating right. Both children and parents will learn about the importance of maintaining a healthy lifestyle and engaging in fun physical activities. A celebration is held on the final day to celebrate the start of a healthier lifestyle.

