**Why 5-2-1-0?**

If you are interested in the application of the five fruits or more vegetables, two hours of less screen time, one hour of physical activity, zero sugary drinks, more water (5-2-1-0) then the 5-2-1-0 Yellowstone County Activities Toolkit adapted from the from Let’s Go Maine materials and resources is for you!

In 2014, the 5-2-1-0 Yellowstone County Activities Toolkit was developed by [Healthy By Design Coalition](http://www.healthybydesignyellowstone.org/aboutus/) members and staff in Yellowstone County, Montana. The toolkit was created for two main purposes. First, the promotion of 5-2-1-0 as a community health message strategically addresses Physical Activity Obesity and Nutrition identified in the [Yellowstone County Community Health Improvement Plan](http://www.healthybydesignyellowstone.org/wp-content/uploads/Report_CHIP_Final_2014.06.30.pdf). Secondly, the toolkit complements the Train the Trainer presentation that was developed and shared with the community to increase knowledge around the 5-2-1-0 message and to promote the 5-2-1-0 as a community message within Yellowstone County.

**5-2-1-0 Let’s go Maine**

The 5-2-1-0 is not uniquely tied to Montana or Yellowstone County, yet was embraced and adopted from the 5-2-1-0 Let’s Go Maine initiative, an evidenced based practice and health promotion initiative developed to address the obesity epidemic in the United States. Visit the Let’s Go Maine website to learn more about the initiative [click here.](http://www.letsgo.org/)

**5-2-1-0 Healthy By Design and Yellowstone County**

The Healthy By Design Coalition has a history of accomplishments around the 5-2-1-0 community message. The message is infused in all the developed workgroups to view past and present initiates [click here](http://www.healthybydesignyellowstone.org/initiatives/).

 In 2014, the Healthy By Design Coalition and Office on Women’s Health in Yellowstone developed a social medial campaign “It all Adds Up” around the 1 hour of physical activity. The two main goals of the campaign were to further promote the 5-2-1-0 community message within Yellowstone County to emphasize the “1” hour of physical activity which include lifestyle physical activities such as housework, gardening, taking out the groceries, going for a walk with family members, and playing with kids can all add up. This campaign distinctly targeted women in Yellowstone County to help propose lifestyle strategies to getting at least 1 hour of lifestyle physical activity.

To view and access the promotional materials from the 5-2-1-0 campaign [click here](http://www.healthybydesignyellowstone.org/initiatives/5-2-1-0-it-all-adds-up/).

**5-2-1-0 Activities Toolkit**

The 5-2-1-0 Activities Toolkit is intended for an elementary school audience, but could easily be adapted to older age groups. The document utilizes a variety of online resources including the work of [**Let’s go Maine**](http://www.letsgo.org/programs/). In many of the sections, a few activities were tailored for different grade levels.

In many ways the 5-2-1-0 activities toolkit serves as a helpful resource for structured activities around the 5-2-1-0 concept. The toolkit is divided into sections based on each 5, 2, 1, 0 with a final resource section.

Each section contains an outline followed by objectives, section activities, and section resources. Each of these activities contains the following: a purpose, total estimated time duration, materials needed, the activity including, wrap-up discussion, and resources.

**5-2-1-0 Activities Toolkit Usage**

This document requires the use of internet access since many of the materials are hyperlinked. For additional information or requests please visit the HBD [contact page](http://www.healthybydesignyellowstone.org/contactus/).

Happy 5-2-1-0!