



JUMP UP! & GO!

A Youth Wellness Program Developed in Massachusetts

Are You A Healthy Kid?

Look inside to
find out how
healthy you are
now, and how
healthy you can
be. It's fun, fast,
and easy.

A program to help kids get
healthy and grow strong.

Get Healthy, Grow Strong

Here's how you can **Jump Up** on your way to

5 a day is the healthy way.

Eating five servings of fruits and vegetables every day helps provide the nutrients your whole body needs to develop. When you choose fruits and vegetables, let the rainbow be your guide.

Eating many different colors is one of the best ways to get all the nutrients you need to stay healthy and fight disease. Choose reds like tomatoes and strawberries; purples and blues like plums and blueberries; greens like broccoli and green beans; and oranges and yellows such as peaches and bananas. If you have a colorful plate, you will have a good diet.



1 or more builds a strong core.

Try to get at least one hour of physical activity each day. It makes your bones, muscles, and heart strong. Being physically active also helps you keep your weight down and makes you feel better about yourself.

and Go!
good health.



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2 or less for success.

Keep your screen time down to two or fewer hours a day. Watching TV, using the computer, and playing a video game are all fun. But you need to do more active things to stay strong and healthy. Television is the main reason most kids don't go outside and play. Advertising on television also makes you want to snack and buy sugary foods.

Okay kids, now that you've read all about it, which of the Jump Up and Go! goals will you and your parents work on?

What's Your Health Score?

Kids—for each of the following questions, circle “yes” or “no.”

1. Do you eat five or more fruits and vegetables every day? Yes No
2. Do you have a favorite fruit that you eat every day? Yes No
3. Do you have a favorite vegetable that you eat every day? Yes No
4. Do you eat breakfast every day? Yes No
5. Do you watch no more than 2 hours of TV and videos every day? Yes No
6. Do you play video games for no more than one hour every day? Yes No
7. Do you take physical education classes or participate in sports three or more times a week? Yes No
8. Do you participate in sports or dance programs outside of school? Yes No
9. Do you have a favorite sport or physical activity that you love to do? Yes No
10. Do you eat dinner at the table with all of the members of your family at least once a week? Yes No

Bonus question:

- Do you drink soda, fruit juice, sports drinks, or other sugar-sweetened beverages more than once a week? Yes No



Now that you're done, let's add up the answers.

Scoring Key

For questions 1–10

Score 10 points for each "Yes" answer

Number of points: _____

Bonus question

– Subtract 20 points for "Yes"

+ Add 20 points for "No" _____

Total score:

Rating

80 points or higher:

Making the grade

50 to 70 points:

Good job, but think about how you can score higher

Below 50 points:

You're just getting started, so keep up the good work. Add a fruit or vegetable to your plate; get outside and play; just Jump Up & Go!

Get Started

Use these helpful ideas to figure out a plan for success.

A Rainbow of Good Food

For each color, name a new fruit or vegetable you'll try next week.

Red _____ Green _____

Yellow _____ Orange _____

Purple _____

Make a list of physical activities or sports that you will do for at least an hour every day in the coming week.

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

Make A Healthy Match

Kids, what do you know about getting healthy and growing strong? Find out by matching the questions with the answers.

Questions:

1. This is the number of servings of fruits and vegetables you should eat in one day.
2. This fruit can be baked in a pie, picked from a tree, or made into a sauce.
3. This morning fruit juice is full of vitamin C, and adds a bright color to breakfast.
4. A can of soda has this many teaspoons of sugar in it.
5. If you own a dog, you'll probably do a lot of this healthy activity.
6. This vegetable looks like a small green tree.
7. On most nights, almost half the families in America do this while eating dinner.
8. This healthy activity can also be a kind of transportation and was once called "sidewalk surfing."
9. This is one of the best ways to grow strong and stay healthy.
10. This muscle is the most important one in your body and needs regular exercise to stay strong.

Answers:

- | | | | |
|------------------------|----------------------|---|-------------------------|
| A. Apples | D. At least 5 | G. Broccoli | J. Skateboarding |
| B. Walking | E. 10 | H. Watch TV | |
| C. Orange juice | F. The heart | I. Get regular physical activity | |

Answer Key: How did you do? Check your answers.

1. D; 2. A; 3. C; 4. E; 5. B; 6. G; 7. H; 8. J; 9. I; 10. F

Your Weekly Log



Get Healthy. Grow Strong.

Use this log to track your **5-2-1** goals!

- 5**—Record the servings of fruits and veggies you eat each day. **5 or more** each day is the healthy way.
- 2**—Limit your screen time; try not to guess—you'll be a success if it's **2 hours or less**.
- 1**—Add up your time to get the activity score—get **1 hour or more** to build a strong core.

Family Member Name _____

Week of _____

	Mon Date:	Tues Date:	Wed Date:	Thurs Date:	Fri Date:	Sat Date:	Sun Date:
5 Fruits and Veggies	1 _____	1 _____	1 _____	1 _____	1 _____	1 _____	1 _____
	2 _____	2 _____	2 _____	2 _____	2 _____	2 _____	2 _____
	3 _____	3 _____	3 _____	3 _____	3 _____	3 _____	3 _____
	4 _____	4 _____	4 _____	4 _____	4 _____	4 _____	4 _____
	5 _____	5 _____	5 _____	5 _____	5 _____	5 _____	5 _____
2 Screen Time	<input type="checkbox"/> 2 hrs or under	<input type="checkbox"/> 2 hrs or under	<input type="checkbox"/> 2 hrs or under	<input type="checkbox"/> 2 hrs or under	<input type="checkbox"/> 2 hrs or under	<input type="checkbox"/> 2 hrs or under	<input type="checkbox"/> 2 hrs or under
	<input type="checkbox"/> Over 2 hrs Describe: _____ _____	<input type="checkbox"/> Over 2 hrs _____ _____	<input type="checkbox"/> Over 2 hrs _____ _____	<input type="checkbox"/> Over 2 hrs _____ _____	<input type="checkbox"/> Over 2 hrs _____ _____	<input type="checkbox"/> Over 2 hrs _____ _____	<input type="checkbox"/> Over 2 hrs _____ _____
1 Physical Activity	<input type="checkbox"/> 1 hr or more	<input type="checkbox"/> 1 hr or more	<input type="checkbox"/> 1 hr or more	<input type="checkbox"/> 1 hr or more	<input type="checkbox"/> 1 hr or more	<input type="checkbox"/> 1 hr or more	<input type="checkbox"/> 1 hr or more
	<input type="checkbox"/> 30 minutes or more Describe: _____ _____	<input type="checkbox"/> 30 minutes or more _____ _____	<input type="checkbox"/> 30 minutes or more _____ _____	<input type="checkbox"/> 30 minutes or more _____ _____	<input type="checkbox"/> 30 minutes or more _____ _____	<input type="checkbox"/> 30 minutes or more _____ _____	<input type="checkbox"/> 30 minutes or more _____ _____

Completed by participating family member _____

Confirmed by another family member _____

For more information or questions on
Jump Up & Go!, call (617) 246-4649.