



*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Let's Go! is a nationally recognized childhood obesity prevention program. The goal is to increase physical activity and healthy eating for children from birth to age 18 through policy and environmental change.

Let's Go! works in six settings to reach families where they live, learn, work, and play to reinforce the importance of healthy eating and physical activities.



Let's Go! promotes the 5-2-1-0 message consistently across all settings.

Nan Bell, HCCA's *Let's Go!* Coordinator is currently reaching out to child care sites and schools in S. Kennebec County to offer the program.

5-2-1-0 follows *five easy steps* for using evidence-based strategies to improve the policies, practices, and environments that influence healthy eating and active living.

Engage ~ Assess Environment
Create Action Plan ~ Implement Action Plan
Complete Survey ~ Celebrate

If you are interested in becoming a Let's Go! Site contact
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