



# 5210 - Let's Go!

## February 2024

Benton, Lincoln & Linn County, OR

# 5210 CHALLENGE

FOR SCHOOLS

Start the journey towards a healthier you in the New Year! Join our 5210 health and wellness challenge and kickstart positive habits that will elevate your physical and mental well-being. Commit to just one month of mindful choices to make 2024 your healthiest year yet!

- Create a team for your individual classroom
- Earn points for your team
- Keep one another accountable
- Win prizes!

Student trackers and other challenge info/resources can be found at:  
[cccwn.org/5210-home](http://cccwn.org/5210-home)

### Goals to strive for:

- 5** Five servings of fruits and veggies daily
- 2** Two hours or less of leisure screen time
- 1** One hour of physical activity daily
- 0** Zero sugar sweetened beverages... and more water!

### SIGN UP NOW!

Visit the URL or scan the QR code to sign up



[cccwn.org/5210-register](http://cccwn.org/5210-register)



Samaritan Health Services

