



Family Challenge

Dear Parents

We are proud to announce that BFR Sports & Fitness has teamed up with 5-2-1-Almost None to offer fun ways to add more activity and encourage healthier eating over the next 5 weeks (January 25- March 1). This Family Challenge is part of the annual Keeping Active Wellness campaign offered by BFR each year. The 5-2-1-Almost None program was developed by "Let's Go", a nationally recognized childhood obesity prevention program.

Eating right and being physically active can be a challenge in today's busy world. The 5-2-1-Almost None program can help. During the 5-2-1-Almost None challenge, families will track their daily intake of fruit and vegetable servings (striving for a minimum of 5 each day), screen time (limiting to 2 hours daily of recreational use), activity (striving for a minimum of 1 hour each day) and to try to limit the amount of sugary beverages that are consumed.

Learn more about this challenge at the **FREE KICK-OFF Family Night to be held on Friday, January 25 from 6-8pm**. A variety of fun activities are planned, interactive stations about each of the challenge areas, and door prizes will be included. Helping with the 5-2-1-Almost None challenge will be Bluffton University graduate students in Dietetics. If you can not attend the Family Night, registration materials are available at the center or online at www.bfronline.com. Even if your family does not participate in the challenge, you are encouraged to take advantage of the FREE Keeping Active events and programs.

Sincerely

Carole Enneking, BFR director



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