



Healthy Eating Active Living

Name: _____ Date: _____

Everyday “5210” Healthy Habits for Healthy Living:

- 5** Eat five or more servings of fruits and vegetables a day.
- 2** Limit recreational screen time to two hours or less*.
- 1** Get one hour or more of physical activity every day.
- 0** Drink zero sugary drinks, try more water and ____% milk instead.

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

From Your Doctor:

My Goals (pick one):

- Add ____ fruits and vegetables each day
- Add ____ minutes of physical activity each day
- Reduce screen time to ____ minutes per day
- Increase water to ____ glasses per day

Patient or Parent/Guardian Signature

Doctor Signature

Lemon Grove
HEAL ZONE
 A COMMUNITY IN ACTION
 Facilitated by Community Health Improvement Partners



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Try our new healthy menu options at these participating HEAL Zone restaurants!

Charley's Famous Hamburgers 8213 Broadway

Coop's West Texas BBQ 2625 Lemon Grove Ave.

First Chinese Express 7125 Broadway

Grove Grinder 3345 Olive St.

Herrera's Mexican & Seafood 6914 Federal Blvd.

King Burrito 6929 Federal Blvd.

Lido's Italian Foods 7252 Broadway

Los Rios Mexican & Seafood 7977 Broadway

Nando's Taco Shop 8025 Broadway

Rosarito's Mexican Food #7 2805 Lemon Grove Ave

Buy fresh produce at our HEALTHY Markets:

Farmers Market 7155 Broadway

Looking to get active?

Lemon Grove Park 2271 Washington Street [physical activity equipment]

Berry Street Park 7071 Mt. Vernon Street [physical activity equipment & walking path]

Firefighter's Skate Park 3062 School Lane

Dan Kunkle Park 8105 Lemon Grove Way

Civic Center Park 3200 Main Street

Lemon Grove Walking Maps can be found here:

www.circulatesd.org/resources/about-walking/walking-maps/

For more information, please check out:

www.ourcommunityourkids.org/heal-zone.aspx

Remember to "LIKE" us on Facebook:

www.facebook.com/LemonGroveHEALZone