



JUMP UP!
& GO!SM
A Youth Wellness Program Developed in Massachusetts

Parent Brochure

A program to help kids
get healthy and grow strong.



What Parents Should Know About Children's Health

The benefits of good nutrition and physical activity include:

- Promoting normal physical growth and development
- Preventing childhood and adolescent health problems like overweight, dental cavities, iron deficiency anemia, and even diabetes
- Providing nutrients important for brain development, immunity, growth, healthy skin and eyes, and other body functions
- Lowering the risk of future chronic disease such as heart disease, diabetes, osteoporosis, and some cancers

Healthy eating and active living help your child with learning by:

- Providing nutrients for brain development
- Stimulating the brain cells to make connections and grow
- Stimulating motor development necessary for reading and spelling
- Stimulating hand-eye coordination for reading and writing
- Increasing alertness

Watching more than two hours of TV is associated with:

- Increasing likelihood of overweight
- More chances for unhealthy snacking
- Increasing exposure to fast-food advertising, sugared breakfast cereal, and unhealthy snacks
- Spending less time being physically active and other healthy activities

We understand that by eating healthy and being physically active, children will gain countless health benefits. We created Jump Up & Go! to give families the resources to make eating right and being physically active fun.

The Jump Up & Go! program is centered on the message of **5-2-1**—a simple standard for daily behaviors that will help your child develop healthy habits that will last a lifetime.

5: Five a day is the healthy way.

Eat five or more servings of fruits and vegetables every day for optimal health.

2: Two or less for success.

Limit television, video game, and recreational computer time to two hours a day so that there is more time for other healthy activities.

1: One or more builds a strong core.

Get one hour a day of physical activity to grow strong and stay healthy.

What Parents Can Do

Encourage your children to have healthy eating habits and get regular physical activity to help them grow strong and healthy.

Use kid-friendly language to explain the benefits of being physically active and eating healthy foods. You can say they:

- Can be fun
- Will help build a strong heart, bones, muscles, and joints
- Can brighten your mood and build a positive self-image
- Help maintain a healthy weight
- Improve your ability to learn and keep your brain working well

Help your child achieve the Jump Up & Go! 5-2-1 goals:

- Serve a colorful plate with at least one serving of fruit or vegetables at every meal
- Don't let your children have a TV in their bedroom
- Plan physical activities like walking, bicycling, and/or games that will get them moving
- Have your child take the Are You a Healthy Kid? quiz and track his/her progress with the Weekly Log
- Work with your children's school to create a healthy and active environment





Are You a Healthy Kid?

Kids, take this quiz and learn how strong and healthy you are. For each of the following questions, please answer “Yes” or “No.”

- | | | |
|--|-----|----|
| 1. Do you eat five or more servings of fruits and vegetables each day? | Yes | No |
| 2. Do you have a favorite fruit—something that you’d eat every day, if you could? | Yes | No |
| 3. Do you have a favorite vegetable—or one that you’d eat every day if you could? | Yes | No |
| 4. Do you eat breakfast every day? | Yes | No |
| 5. Do you watch less than two hours of television (or movies) each day? | Yes | No |
| 6. Do you play video games for less than two hours per day? | Yes | No |
| 7. Do you take a physical education class or participate in sports three or more times per 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 your family members, at least once a week? | Yes | No |

Bonus Question:

- | | | |
|-----------------------------------|-----|----|
| Do you keep a TV in your bedroom? | Yes | No |
|-----------------------------------|-----|----|

Kid’s Scoring for Jump Up & Go! Questionnaire

For questions 1–10:

For every Yes answer, give yourself 10 points.

Number of points _____

Bonus question:

Subtract 20 points for Yes and add 20 points for No.

Number of points _____

Total Score _____

Rating

80 or more:

Keep up the healthy habits!

50–70:

Good work, but what else can you do?

Below 50:

Talk to your parents and teachers about what you can do to improve your score.

Making Changes in Your Life

Experts agree that you can make more effective changes in your lifestyle when you create goals that:

- can be accomplished in a series of steps
- are “do-able”
- are short and straightforward
- include a specific time frame

Use this activity sheet as a guide to create a plan to achieve the **5-2-1** goals with your child.

The Goals

5: Five a day is the healthy way.

For the best health, eat five or more servings of fruits and vegetables every day. Limit sugar-sweetened drinks to one a week.

2: Two or less for success.

Limit your television, video game, and recreational computer time to two hours a day so that you’ll have time for other healthy activities.

1: One or more builds a strong core.

Get one hour a day of physical activity to grow strong and stay healthy.

Achieving Your Goals

Complete each of the following sentences to help you and your family achieve your goals.

Five a day is the healthy way.

I will add _____ fruits and vegetables to my diet and my child’s diet each day.

To achieve your goal, what three things might you do? *Example: Serve a vegetable with dinner each night for one week.*

1 _____

2 _____

3 _____

Two or less for success.

I will limit my child’s TV and other screen time to _____ hours a day.

To achieve this goal, what three things might you do? *Example: I will sit down with my child and plan the week’s television viewing.*

1 _____

2 _____

3 _____

One or more builds a strong core.

I will increase my child’s physical activity to _____ hours per day.

To achieve this goal, what three things might you do? *Example: I will take a 15- to 30-minute walk with my child three times each week.*

1 _____

2 _____

3 _____

Choose one of these as your priority for one month. Track your progress on the attached Jump Up & Go! Weekly Log. It will be fun for you and your child to see how far you’ve come from week to week.

Your Weekly Log

Growing Up Healthy and Strong Is as Easy as 5-2-1!

- 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.



Track your progress every day. Record each amount in the chart below.

Family Member Name _____

Week of _____

5

2

1

	Mon Date:	Tues Date:	Wed Date:	Thurs Date:	Fri Date:	Sat Date:	Sun Date:
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 _____
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 _____ _____ _____
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 _____

Get Healthy. Grow Strong.

5

a day is the healthy way.

Eat five or more servings of fruits and veggies every day.

2

or less for success.

Don't watch more than two hours of screen time a day.

1

or more builds a strong core.

Be active for an hour or more every day.



Jump Up & Go!, a youth wellness program developed in Massachusetts, was designed to help children and their families become more physically active and develop lifelong healthy behaviors.

Through a proactive campaign of preventive efforts addressing childhood obesity, Jump Up & Go! also serves as a resource for the pediatric medical community in the treatment of overweight patients.

Jump Up & Go! was developed in 1998 in collaboration with the American Heart Association's New England affiliate, the Massachusetts Department of Public Health, the Massachusetts Department of Education, Northeastern University's Center for the Study of Sport in Society, and the Prevention Research Center at the Harvard School of Public Health in response to data showing a significant decline in children's participation in physical activity while childhood obesity increased.



For information and questions on Jump Up & Go! Call **617-246-4649**.