



Community
HealthCorps

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5-2-1-0 COUNTDOWN TO HEALTH
NUTRITION AND PHYSICAL EDUCATION AT KEARNEY MIDDLE SCHOOL

COMMERCE CITY, Col. – The AmeriCorps volunteers of Salud Family Health Centers are hosting an interactive health fair, *5-2-1-0 Countdown to Health*, throughout the school day on May 3 at Kearney Middle School.

5-2-1-0 Countdown to Health isn't your typical health fair. It focuses on a simple framework to teach kids the basics of healthy living – 5 servings of fruits and veggies everyday, 2 hours or less of screen time, 1 hour or more of physical activity, and 0 sugary drinks.

Students at the event will rotate between four stations focused on the facets of the *Countdown*. To encourage more fruits and vegetables, students will have the opportunity to try exotic fruits, make their own fruit cup, or sample delicious smoothies. To decrease reliance on television and other screen activities, volunteers are focusing on alternatives such as board games, arts and crafts, and goal-setting. The Colorado Rapids Street Team will be leading the physical activities station and the American Diabetes Association will be talking to students about the importance of cutting out sugary beverages. For their full participation, students will be entered to win a variety of prizes. Five bicycles and tickets to a Colorado Rapids game are the coveted items in this raffle.

The event was created and produced by ten young volunteers at Salud Family Health Centers. The volunteers are part of Community HealthCorps, a branch of AmeriCorps that focuses on health-related issues. Prior to this event, the Community HealthCorps taught two classes at Kearney Middle School on both nutrition and physical education. They also have been active at Kearney by participating in their "Challenge Day" and volunteering at the Commerce City Boys and Girls Club.

"The kids are excited about learning new foods and exercises," said Sidra Bonner, AmeriCorps Event Coordinator at Salud Family Health Centers. "This event gives them the chance to explore all kinds of different choices in their everyday diet and activities."

Founded in 1995 by the National Association of Community Health Centers, Community HealthCorps is the largest health-focused, national AmeriCorps program that promotes healthcare for America's underserved, while developing tomorrow's healthcare workforce.

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