



Be a part of the

# HEALTHY REVOLUTION

[MyPGHealthyRevolution.org](http://MyPGHealthyRevolution.org)



**BE HEALTHY, BE FIT**



## Be Healthy, Be Fit Program

The Prince George's County Health Department is charged with protecting the health of all of the county's residents; assuring the availability of and access to quality health care services; and promoting individual and community responsibility for the prevention of disease, injury and disability.

The Health Department developed the "**Be Healthy, Be Fit**" project to help children who are overweight and their parents to adopt lifestyle changes that will lead to weight loss and improved health status.

The "Be Healthy, Be Fit" program is for children ages 6-18 years that want to "Be a part of the healthy revolution" to be fit and healthy. The program will address the following areas;

- **Nutrition**
- **Physical Activity**
- **Reducing screen time**
- **Getting adequate rest**
- **Drinking healthier beverages**

The child will continue regular follow up with his/her pediatrician, there will be a Community Health Worker, a nurse and a nutritionist involved to guide you through the process. The overall goal is to introduce the participants and their family to healthier lifestyles.

For more information on **Be Healthy, Be Fit**, please contact the Prince George's County, Maryland Health Department staff at 301-583-3385.





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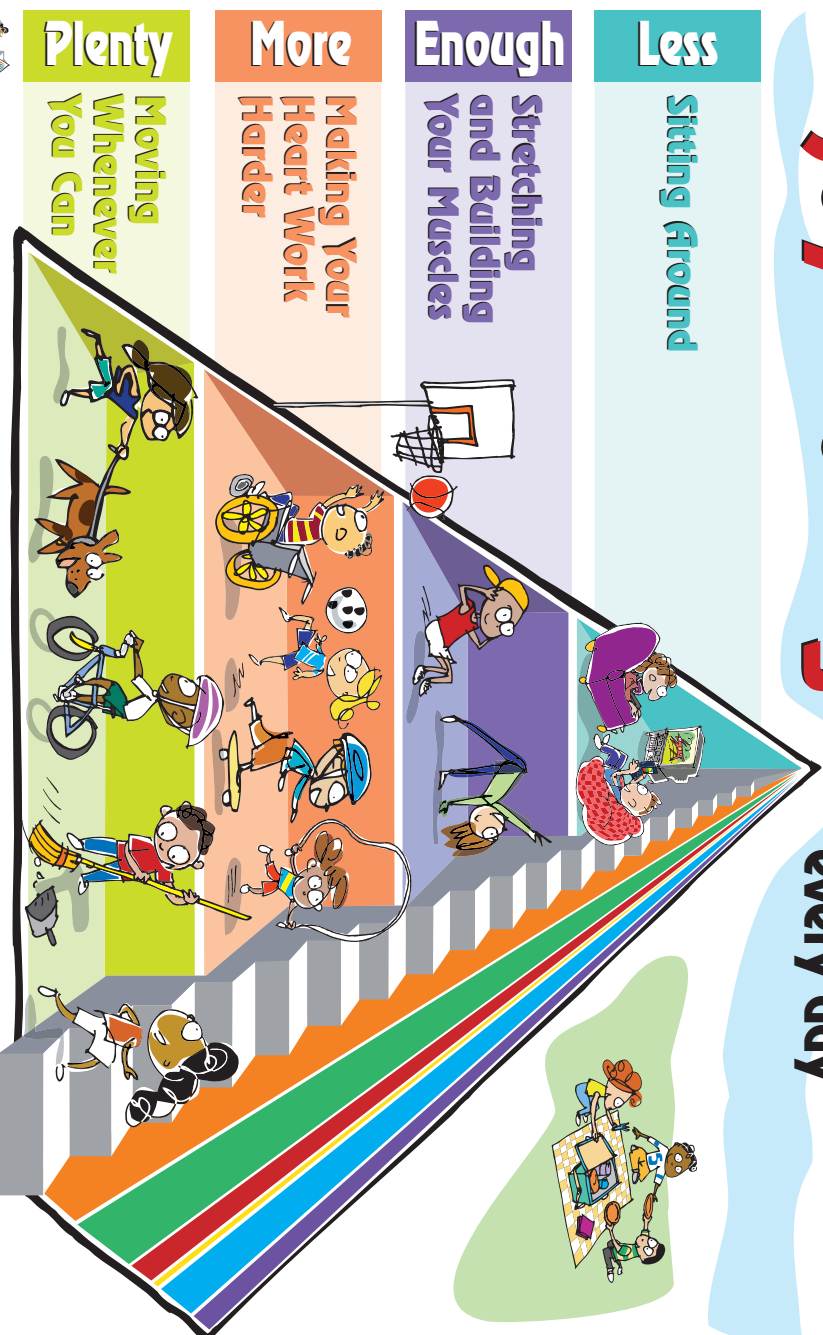
## BE HEALTHY, BE FIT

- 5 Eat at least 5 servings of fruits and vegetables every day
- 2 Limit screen time to 2 hours daily
- 1 Get 1 or more hours of physical activity a day
- 0 Drink 0 sugar-sweetened drinks per day



# Enjoy Moving

Be physically active  
every day\*



\* Children and teens should be physically active for at least 60 minutes on most, preferably all, days of the week.



**Contact:** Prince George's County, Maryland Health  
Department staff at **301-583-3385**.

**Email:** [BeHealthyBeFit@co.pg.md.us](mailto:BeHealthyBeFit@co.pg.md.us)

**Web:** [MyPGCHealthyRevolution.org](http://MyPGCHealthyRevolution.org)



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