



CAROLYN GRANT PHOTO

Councillors Kent Goodwin and Nigel Kitto as well as Mayor Don McCormick stopped by Maryville Elementary School on Thursday to take up a challenge issued by the kindergarten classes. The students are holding up the healthy snacks they promise to eat.

Live 5-2-1-0 challenge for Council

CAROLYN GRANT
Bulletin Editor

All Kimberley residents are being asked to take the Live 5-2-1-0 challenge from Healthy Kimberley.

Healthy Kimberley is a project of the East Kootenay Division of Family Practice's 'A GP For Me' initiative.

The Live 5-2-1-0 challenge is a simple concept. Eat five or more vegetables or fruits every day; no more than two hours of screen time a day; play actively at least one hour a day; and choose healthy drink options with zero sweetened drinks.

Erna Jensen, who is driving the challenge in Kimberley, says the screen time of two hours is recreational screen

time, those who work with computers can control how much time they spend on screen after work.

Recently Marysville kindergarten students have challenged Kimberley's Mayor and Council to live the 5-2-1-0 lifestyle until the end of November and the challenge was accepted on Thursday when Mayor Don McCormick, and councillors Kent Goodwin and Nigel Kitto visited the classes to accept.

Students will be tracking their progress weekly, focusing each week on one of the four goals, such as five servings of fruit or vegetables. They will fill out a chart which asks questions such as 'what was my favourite fruit this week' and 'next week the



SUBMITTED PHOTO

Councillors Bev Middlebrook and Nigel Kitto are hitting the gym in preparation for the Live 5-2-1-0 challenge.

fruit I will try is...

For more information or to sign up go to: www.live5210.ca/?p=11913,

the Healthy Kimberley Facebook page. (like us!), the Kimberley Medical Clinic, or con-

tact Jensen at Erna.agp-forme@gmail.com or 250.427.9360.