

School Health Promotion Morning Announcements

OCTOBER: Zero Sugary Drinks



9-5-2-1-0 Campaign Tie-In:

[Start speaking here.]

Do you know what each number means in 9-5-2-1-0? Each number represents a daily habit that will keep you healthy:

Get a Least **9** Hours of Sleep

Eat **5** Servings of Fruits and Veggies

Limit Screen Time to **2** Hours or Less

Get at Least **1** Hour of Exercise

Drink **0** Sugary Drinks

Today, let's talk about the lowly zero at the end of that number. In math, the zero is a very important place holder. In health, the zero stands for zero sugary drinks. Why? Not only shouldn't you drink any sugary drinks but they also have **zero** nutritional value! The sugar in sugary drinks can actually hurt you and lead to many health problems as you get older.

So in this case, zero is the winning number. Think before you drink!

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