

## NEWS RELEASE

Distributed May 29, 2017

### **City of Nanaimo partners to share a community wide health and wellness program**

*Program continues to spread the 5-2-1-0 message*

#### **Summary**

The message of this program is to empower people to follow four easy steps to improve overall health and wellness.

Aimed at all ages, Live 5-2-1-0 promotes four simple guidelines for healthy living: to eat five vegetables and fruit daily, to allow no more than two recreational hours of screen time daily, to play actively for one hour or more daily and to choose zero sugary drinks.

In partnership with the Vancouver Island Health Authority, Regional District of Nanaimo and the City of Nanaimo, the 'Live 5-2-1-0 Nanaimo' program will be delivered to a range of audiences through a series of workshops, classroom session and events.

The City has brought on six local university students as 'Live 5-2-1-0 Nanaimo' ambassadors to educate and promote the message.

*Strategic Link:* This priority supports a healthy, active, thriving community for the benefit and enjoyment of residents and visitors alike.

#### **Key Points**

- The 'Live 5-2-1-0 Nanaimo' program is easy to remember and aimed at all ages to help promote healthier lifestyle choices.
- The 'Live 5-2-1-0 Nanaimo' guidelines provide a consistent message supported by public health, public recreation and public schools to be shared in the community.

#### **Quotes**

"I'm excited to lead the delivery of this program as it supports the great work our local physicians have been doing. With simple, affordable guidelines to follow, it's an easy a concept to remember and to teach. Educating our community on these simple steps 5-2-1-0 can lead to rewarding outcomes to their overall health."

Jennifer Coburn  
5-2-1-0 Ambassador  
City of Nanaimo

#### **Quick Facts**

- We encourage you to follow them on Facebook and Instagram for health tips, program information and location of upcoming community presentations.
- Local physician and advocate of the program Dr. Poteryko, has been teaching this message in the community for several years.

Continued... City of Nanaimo partners to share a community wide health and wellness program

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