



### **1. Why is our program working with Let's Go!?**

Let's Go! provides a framework for out-of-school programs to create healthier environments. The strategies and the 5-2-1-0 message are promoted at other Let's Go! out-of-school programs, schools, child care programs, and health care practices in our community and throughout Maine. Together, we can help ensure a healthy environment for kids throughout the day.

### **2. Who does the 5-2-1-0 message apply to?**

While physical activity needs can vary by age, the 5-2-1-0 message applies to everyone. It is an easy-to-remember healthy lifestyle message which encourages increased physical activity and healthy eating.

### **3. Why the 5-2-1-0 message?**

There is scientific rationale supporting each component of the 5-2-1-0 message. It has been used in doctors' offices in Maine since 2004 and has been used in schools since 2006. The 5-2-1-0 message makes it easy to have an open discussion about ways to increase physical activity and healthy eating.

### **4. Is this just one more thing that I have to do?**

No, Let's Go!'s goal is to bring you from where you are to where you want to go. To make it easy for you, we help you design a plan around what you are interested in doing and have created tools and resources designed to fit easily into your daily routine. We provide personalized assistance to help you reach your unique goals, help you find the resources you need, and offer top quality trainings.

### **5. How do I use the toolkit?**

The toolkit is designed to align with your Let's Go! work throughout the year as you progress through the 5 Step Path to Success. There is a tab designated for each of the 5 Steps, and within each tab are specific handouts, tools, and resources that will guide and support you through that step. Take time to become familiar with the contents of the toolkit and keep it next to you when you are making your Plan for the year.

### **6. How important are my health behaviors to the success of this project?**

Role modeling is an important part of changing kids' behaviors. You are an important influence in their lives. If you practice good health behaviors, the kids will notice and are more likely to pick up the behaviors themselves.

## 7. What if one of the concepts in the toolkit contradicts our practices?

If at any point you feel uncomfortable with any of the ideas or concepts endorsed in the toolkit, do not proceed with that topic. There are many different strategies that you can try, so you can find one that better suits your style or practices.

## 8. Will discussion of the 5-2-1-0 message lead to an increase in eating disorders such as anorexia nervosa?

There is no current evidence that bringing up healthy behaviors in a positive manner leads to disordered eating. The 5-2-1-0 message is an easy way to discuss general healthy choices that apply to everyone. Its purpose is to spread healthy behaviors. Research supports the idea that interventions like 5-2-1-0 Let's Go! may actually help prevent eating disorders in early adolescent girls.

(Austin SB, Kim J, Wiecha J, Troped PJ, Feldman HA, Peterson KE. School-based overweight preventive intervention lowers incidence of disordered weight-control behaviors in early adolescent girls. Arch. Pediatr. Adolesc. Med. 2007;161(9):865-869).

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