

Atrium Health
1000 Blythe Blvd.
Charlotte, NC 28203

December 17, 2020

Dr. Lyndsey Pelusi
Principal
North Kannapolis Elementary School
800 Walnut Street
Kannapolis, NC 28081

Assistant Principal Kim Keesee
Assistant Principal, 5-2-1-0 Site Champion
North Kannapolis Elementary School
800 Walnut Street
Kannapolis, NC 28081

Dear Dr. Pelusi and Assistant Principal Keesee,

Thank you for your school's participation in the *Healthy Together* 5-2-1-0 program led by Atrium Health through its Levine Children's Hospital along with our community partners.

We would like to congratulate you and your school for earning **SILVER** recognition for the 2019-2020 school year. What an accomplishment!

The *Healthy Together* 5-2-1-0 initiative is aimed at preventing childhood obesity by promoting healthy behaviors. Through engagement, education, collaboration, and policy change, we're building a culture of healthy living in our community – and raising a healthier generation of kids.

With your help, *Healthy Together* encourages kids and families to join the 5-2-1-0 League by following the 5-2-1-0 behaviors:

- **5** - Eat at least five servings of fruits and vegetables every day
- **2** - Limit recreational screen time to fewer than two hours per day
- **1** - Be physically active for at least one hour per day
- **0** - Avoid sugary drinks, and instead aim for water or low-fat milk

Your commitment to the *Healthy Together* program demonstrates that North Kannapolis Elementary School believes that all children deserve the opportunity to be healthy and successful.

Thank you,



Dr. Lyn Nuse
Senior Medical Director, Pediatric Primary Care
Atrium Health