



A-07 Promoting Well-Being with 10-5-2-1-0

Mental Health and
Well-being Parent
Partnership Committee

202A

Healthy behaviours such as healthy eating and active living are key to maintaining a child's physical and mental well-being. Establishing these habits early on will help lead to overall student success. Toronto Public Health promotes these behaviours to students, parents and teachers through their Into Kids' Health 10-5-2-1-0 messages. They encourage the following on a daily basis: 10 or more hours of sleep, 5 or more servings of vegetables & fruit, 2 hours or less of screen time, 1 hour or more of moderate to vigorous physical activity and 0 sugar-sweetened drinks. Attend this workshop and explore practical ways to incorporate these messages into your family's life.

Presenters

Maxine Fung

Public Health Dietitian from Toronto Public Health - maxine.fung@toronto.ca

Maxine Fung is a Public Health Dietitian from Toronto Public Health. Within the InTO Kids Health program, she provides support to schools in the Humber Downsview neighbourhood. She completed her nutrition degrees at University of Guelph and dietetic internship at The Ottawa Hospital.

Lucia Bresolin

Public Health Nurse with Toronto Public Health - lucia.bresolin@toronto.ca

Lucia Bresolin is a Public Health Nurse from Toronto Public Health. She has provided support and health promotion to elementary school communities including families for over 20 years. She has been with the InTO Kids Health program since its inception and works with schools in the Humber-Downsview neighbourhood. Her public health background includes collaboration on a variety of health promotion projects, advocacy and working with community partners to promote service delivery.