

Let's Go! is a childhood obesity prevention program found across Maine and in Mt. Washington Valley, New Hampshire. Our programs use evidence-based strategies to increase healthy eating and physical activity among children from birth to 18. The foundation for change is our 5-2-1-0 healthy habits message, developed here in Maine and recognized nationally.



Our *multi-setting model* allows us to reach child care programs, schools, out-of-school programs, and health care practices and unite them in the goal of encouraging children to adopt healthy habits that will last a lifetime.

<https://mainehealth.org/lets-go/childrens-program/parents>



Resources to Build Healthy Habits