#lifeiswhy

Family Health Challenge™

Take the 4-week challenge to make simple, fast and healthy choices for you and your family every day, everywhere.

It starts at home. It starts with you.

My Cart is Why
Make shopping for fruits and veggies a fun and easy activity

My Glass is Why
Make sugary drinks a thing of the past

My Taste is Why
Tame your taste buds by reducing the sodium in your diet

My Movement is Why
Make physical activity fast, simple and fit in any schedule

What’s Your Secret? Color Your Plate

Nutrition Addition: Sugar Edition

Sandwich Swap Out

Sodium Shocks

Walk this Way

Exercise isn’t a Chore!

For free activity templates and further challenge information visit heart.org/healthierkids

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