

life is why **Family Health Challenge**™

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



My Cart is Why

Make shopping for fruits and veggies a fun and easy activity

1



What's *Your Secret?*



Color *Your Plate*

My Glass is Why

Make sugary drinks a thing of the past

2



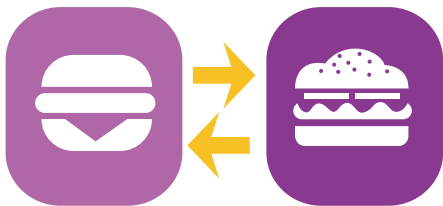
Nutrition Addition:
Sugar *Edition*



My Taste is Why

Tame your taste buds by reducing the sodium in your diet

3



Sandwich Swap Out



My Movement is Why

Make physical activity fast, simple and fit in any schedule

4



Walk this Way



Exercise isn't a Chore!