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.

It starts at home. It starts with you.

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

What’s Your Secret? Color Your Plate

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

Wacky Water

Nutrition Addition: Sugar Edition

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

Sandwich Swap Out

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

Walk this Way

Exercise isn’t a Chore!

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

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