

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*

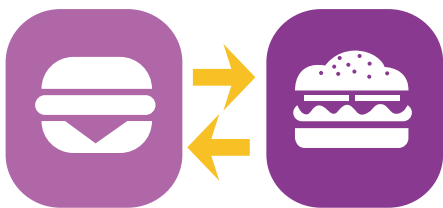
My Glass is Why
Make sugary drinks a thing of the past
2



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

