

life is why
Family Health Challenge™



**Exercise isn't
a Chore!**



**Getting your kids to do chores around the house doesn't have to be boring!
Get creative while getting some physical activity.
How do your kids stay active around your house? Post a pic and tell us!**

**Use hashtag
#LifeisWhy
on   
when posting**



WEEK 4 *My Movement is Why*