

life is why
Family Health Challenge™



Walk **this Way**



Take a minute, as a family, and get creative with your walks. 10 minutes or 60 minutes – it doesn't matter. What matters is that you're out moving and spending time together. How does your family stay active? Post a pic and show us!

WEEK 4 *My Movement is Why*

Use hashtag
#LifeisWhy
on   
when posting