

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