

A Healthy Day

Together, Alliance for a Healthier Generation and Kohl's are encouraging families to create a healthier home life.

Support physical, social, and emotional well-being for kids and adults by incorporating each of these areas into your daily routine.



Connection

Make time to listen and share with loved ones



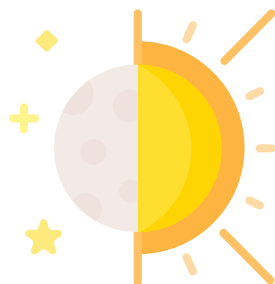
Nutrition

Stay energized with healthy snacks and drinks



Rest

Practice calming strategies and sleep quality tips



Movement

Boost attention and mood with physical activity breaks



Celebration

Create joyful moments that promote healthy choices



Learning

Work together to stay motivated and engaged

Healthy Day Checklist

- Ask a creative question to start a conversation
- Drink plenty of water and eat one fruit or vegetable with every snack or meal
- Get at least 60 minutes of physical activity
- Plan together to accomplish "must do" tasks like homework or chores
- Take a break to focus on what's going well
- Reserve at least 9 hours for a great, full night of sleep