



KOHL'S Cares 
Committed to Kids' Health and Education

Eat Healthy and Be Active!

- Make the healthy choice the easy choice. When eating out, visit one of our local “Healthy Kids Choice” restaurants.
- Take a family hike or bike ride on a trail in Shasta County. A list of trails and walking guides can be found on the Healthy Shasta website under “Local Maps”.
- Walking to school is fun. And your children will arrive to school feeling refreshed and ready to learn.

For more healthy, family-friendly tips, visit
www.healthyshasta.org

HEALTHY

SHASTA
Better choices. Healthy changes.