



**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](http://www.healthyshasta.org)

**HEALTHY**  
  
**SHASTA**  
Better choices. Healthy changes.