

**JUICE PLUS+**

# Healthy Starts for Families

**FOR THE WHOLE FAMILY****KEY FACTS**

- + Whether they're in kindergarten or college, it's never too late to give your child a healthy start
- + Support for the whole family in developing positive habits
- + Empowering families to make simple but important lifestyle changes

**FAMILY HEALTH STUDY**

With more than 1.8 million participating families and over 20 years of results, the Family Health Study helps you document the lasting, positive effects of the changes you and your family make

**1 BECOME A JUICE PLUS+ CUSTOMER**

Purchase adult capsules or chewables and receive chewables or capsules for a child for free

**2 START YOUR JOURNEY & SEE YOUR PROGRESS**

Take Juice Plus+ every day, and we'll send you surveys periodically to check in on your family's progress

**3 START MAKING BETTER CHOICES**

See your family make healthy improvements, one simple change at a time

**4 CORE PILLARS OF WELLNESS:****NUTRITION**

A healthy diet means a balanced diet. Healthy eating habits include eating sufficient amounts of fruits and vegetables, portion control and regular meal times

**HYDRATION**

Drinking sufficient water is an important part of a healthy lifestyle. Drinking water instead of sugary drinks, eating fruit and vegetables with a high water content and rehydrating after exercise are essential for feeling your best in body and mind

**SLEEP**

Sleep and stress management are often forgotten when it comes to health. The introduction of healthy sleeping habits for the whole family, as well as ways to manage your daily stress are essential not only for your mental health, but for your physical health as well

**FITNESS**

A healthy lifestyle is an active lifestyle. Whether you work out for a few minutes longer every day or set yourself new fitness goals, the important thing is to motivate your family to be more active so that everyone stays healthy

healthy  
**STARTS**  
FOR FAMILIES