

# Welcome to the Virtual Strong4Life Challenge Program

**STRONG<sup>4</sup>LIFE™**



**Congratulations!** Your school was selected this year to receive the Virtual Strong4Life Challenge Program from Children's Healthcare of Atlanta. This yearlong elementary school program is designed to help create positive school environments by promoting the four Strong4Life healthy habits.

**Eat smarter,  
drink water**

**Screens away,  
go play**

**Get rest to  
be your best**

**Emotions are  
real, express  
how you feel**

## What is the Challenge Program?

With the help of our energetic Challenge Team, we want to support your school's wellness goals through interactive videos, resources and support.



**Challenge kickoff event:** Your school will play a short video introducing the Challenge Team and the program in the morning announcements or as part of another schoolwide event.



**Virtual fall pep rally:** The Challenge Team will host a 10-minute virtual, interactive pep rally during morning announcements, homeroom or specials, etc., to get students excited about the four Strong4Life healthy habits.



**Spring follow-up video visits:** From January to May, your school will receive one healthy habit video each month—led by the energetic Strong4Life Challenge Team—to share with your school and continue the conversations around healthy habits.



**Strong4Life posters:** Following the kickoff event, you may start to see different posters around your school promoting movement, drinking water and emotional wellness.



**Strong4Life reusable water bottle:** To help make it easier for students, teachers and other school staff to drink water throughout the school day, Strong4Life will be sending home a reusable water bottle in the fall.

We look forward to teaming up with your school! If you have questions, email [Strong4LifeChallenge@choa.org](mailto:Strong4LifeChallenge@choa.org).

## What is Strong4Life?

Backed by a team of Children's Healthcare of Atlanta doctors, nurses, therapists, dietitians and other wellness specialists, Strong4Life provides free programs and resources where kids live, learn and play—at home, in schools and early care centers, in youth-serving organizations, at the doctor's office, and online. Scan or click on the QR code to visit [Strong4Life.com](http://Strong4Life.com).

