

FOR FAMILIES

ALLIANCE FOR A  
HEALTHIER  
GENERATION

KOHL'Scares

KOHL'S  
Healthy  
at Home



# Healthy at Home Toolkit

During these challenging times, it's important to maintain healthy habits and self-care. Together with Kohl's as part of our *Kohl's Healthy at Home* initiative, Healthier Generation and our partners have curated resources designed to support you and your family in reducing stress, eating healthy, moving regularly, getting quality sleep, and more.

Start with the Healthy Day Checklist, and use it as your guide to enjoy a fun and healthy day, from the morning to bedtime.

GET MORE HEALTHY AT HOME RESOURCES AT [KOHL'SHEALTHYATHOME.ORG](https://www.kohlshealthyathome.org) | [#KOHL'SHEALTHYATHOME](https://twitter.com/kohlshealthyathome)