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Wake Up Your Water

Summer's the perfect time to wake up your water. Does your family have a sweet drink habit? We'll help you dial it down. Kids don't like water? We'll show you how to flavor it up.

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Time to Change



Why does a children's hospital care so much about this issue?

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Even the best parents can use a little extra help getting their family healthier.

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Dr. Walsh's Healthy Dose

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Good Fuel, Great Engine

I'm pretty sure my youngest son was put on this planet to keep me on my toes. The other day, he asked me, "If I eat a bunch of junk food, like ice cream and chips, but exercise a ton, will my body still be healthy?"

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One Happy Meal: Smiley Face Cheeseburgers

Getting your summer grill on? Everyone smiles when they see (and taste) our Smiley Face Cheeseburgers.



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Road Trippin'



King for a Day

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