

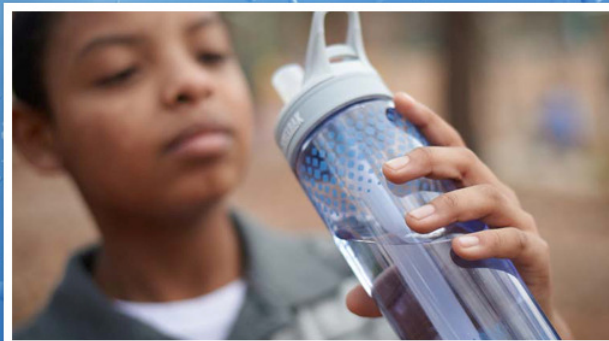

**STRONG<sup>4</sup>LIFE™**

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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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## BECOME STRONG<sup>4</sup>LIFE

### Time to Change



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

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### Assess4Success



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

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### Healthy Eats

See how veggies and fruits are getting a makeover >



### Fun Moves

Get simple ideas to get your family moving >

### 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?'

[VIEW POST](#)


Road Trippin'



King for a Day

### One Happy Meal: Smiley Face Cheeseburgers

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


[TRY THEM NOW](#)

## STAY STRONG<sup>4</sup>LIFE

Register your email address to receive the latest tools, tips, recipes and information tailored for your family – from the specialists at Children's Healthcare of Atlanta.

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#### About

What is Strong4Life?  
The Issue  
Strong4Life Programs

#### Prepare & Assess

Assess4Success  
Time To Change

#### Find a S4L Provider

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**Eat, Move, Live**  
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