



# Challenge of the Month

## JANUARY

3

The Clearinghouse for Military Family Readiness and 5210 Healthy Children invites you to participate in the 5210 Challenge of the Month! The Challenge of the Month can be done by all ages and it's recommended to complete with a group of friends or family.

When completing the challenge, take pictures to later post on social media such as Facebook or Twitter. Finish your post with #5210HC. This will allow the Clearinghouse team to review and highlight those participating in the health messaging campaign!

So get out there and participate in the Challenge of the Month! Good luck!

## National Family Fit Lifestyle Month

### PARTICIPATE IN THE 5210 CHALLENGE OF THE MONTH

Join the *Presidential Active Lifestyle Award* Challenge! See below to learn more and go to <https://www.hhs.gov/fitness/programs-and-awards/pala/index.html> for details.



### The PALA+ Challenge

#### Ready to take the challenge?

Commit yourself to the Presidential Active Lifestyle Award (PALA+) challenge – adopt these simple ways to increase your daily activity and improve your eating habits, and you'll see a healthier you in just six weeks.

#### Who can take part in the PALA+ challenge?

Anyone. The PALA+ challenge is designed to suit all ages and abilities. If you want to make physical activity and healthy eating a part of your everyday life, see how easy it is to start making healthy changes right now.