



Healthy Habit Statements

When we take care of the land, the land will take care of us. The land provides us with vegetables, fruits and water - all vital to our health and survival. You know this, now let your kids know.

Create a foundation of health by eating right and staying active. Hawaii 5210 Let's Go!

Perpetuate your family's quality of life through eating right and staying active with your kids through leading by example.

Engage your body with healthy foods and activities that fuel your body's health. Hawaii 5210 Let's Go!

Take control of your health and make a difference in your family's life by making the choice to Hawaii 5210 Let's Go!