



Welcome to the LifeStar Challenge™

Our evidence based LifeStar Challenge™ program is designed to GROW kids into LifeStars!

Trained LifeStar Coaches implement our Learn, Practice, Experience and Commit strategy to introduce kids to our three basic healthy life habits. All of the information required to implement The LifeStar Challenge and train the LifeStar Coaches is delivered online, allowing us to impact kids across the country with our health and wellness experience.

Each kid receives a lanyard, chain and opportunity to earn star reward tokens when they complete milestones in the program. At the end of the challenge, the kids are asked to make a commitment to live an active, healthy life now and in the future.

The strategy for inspiring kids to make this commitment is simple but powerful!

I Can Do It!

How to set and achieve personal health goals.

I'm Active!

How to include vigorous physical activity into my life every day.

I Eat Right!

How to eat the right foods in the right amounts.



Who better to inspire our kids to become LifeStars than Kurt Warner, former NFL MVP!

Kurt encourages our kids to eat right, find physical activity that is fun and inspires them to believe in themselves and set a goal to become a LifeStar!



Although our primary focus is on underserved kids, we embrace all youth, allowing us to reach more kids. With the generous support of our donors, sponsors and grantors, we intend to launch a new generation of LifeStars inspired to live active, healthy lives now and in the future!

<https://healthylifestars.org/lifestar-challenge/>

We Grow Kids into LifeStars!

Learn

Our kids learn the basic content for each healthy habit – goal setting, eating the right foods in the right amounts and being active every day – then practice each habit to experience the benefits and are rewarded for doing so.



Practice

With support from the Coach, kids practice being active, eating right and setting goals. Kids will continue to practice what they learn outside of the program. Many parents comment how the healthy habits they learned in the program have changed the way the family shops, eats and exercises at home.

Experience

As the kids engage in the challenge, they begin to experience the benefits of living active, healthy lives; this inspires them to take responsibility for their health. The kids also experience the fun associated with being active with a group of their peers, with opportunities to make new friends in a non-competitive environment. Kids learn that staying healthy can be fun and rewarding!

Commit

Inspiring the kids to take responsibility for living active, healthy lives brings closure to the experience in a meaningful and memorable way. This personal pledge reinforces all they have learned and experienced and inspires them to honor the commitment to be active and healthy for life.

Reward

One of the most significant components of The LifeStar Challenge is our Rewards and Recognition System. A kid receives a plastic LifeStar when they demonstrate their knowledge of the 3 healthy habits and participation in the program, as well as at the very end, when they become a LifeStar! It may seem like a simple reward, but giving children opportunities to be recognized for their accomplishments by the LifeStar Coach, in front of a group of their peers, is a very powerful motivator!



Celebrate

Events focused on the health and wellness of the kids provides them something special to look forward to when they are awarded their LifeStar Achievement Certificates for successfully completing The LifeStar Challenge. This can be as simple as a field trip to participate in a local fun run or a coordinated event with local college or professional sports teams.