

QUICK START GUIDE - HEALTHY FOR LIFE® 20 BY 20!

We're excited to help you on the journey to bringing healthy living to your community through our educational experiences.

Healthy for Life® is a community-based nutrition and well-being program created by Aramark and the American Heart Association (AHA) that focuses on empowering people to make healthier food and lifestyle choices.

The program incorporates interactive components such as cooking demonstrations with healthy shopping workshops to equip individuals with new skills for healthy living.

Ultimately our goal is to equip individuals and families on how healthy food can help them accomplish their goals and reach their potential every day. This program focuses its impact on communities across the U.S. and is built on a framework that emphasizes literacy and culinary skills.

In the Healthy for Life® program, individuals will:

- Gain new skills to prepare and experience healthy food
- Receive culturally relevant healthy recipes
- Learn to budget and shop for healthy foods
- Increase their level of comfort with healthy foods

Together, we can equip individuals with new skills and habits. The [Healthy for Life® Facilitator Hub](#) is your go-to library where you can access:

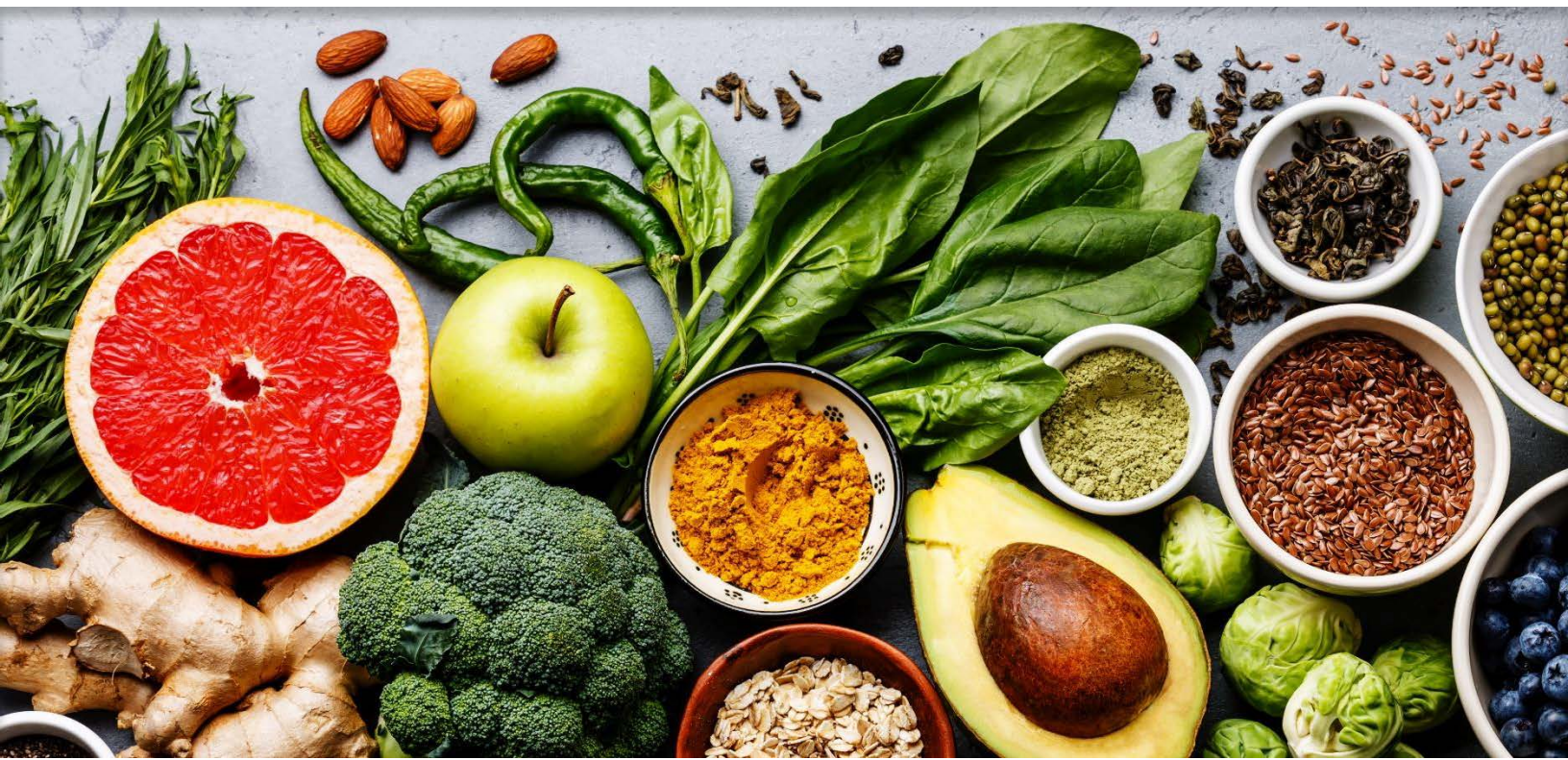
- [Online Orientation](#) (Three modules)
- Science and evidence-based tools and resources (educational experiences, handouts, videos, etc.)
- [Implementation support resources](#) (Funding Toolkit, Cost Calculator, and Media Toolkit)



Getting Started

By implementing an educational experience, you're playing a role in improving the health of your community by enabling individuals to make healthier food and lifestyle choices. Healthy for Life[®] is here to assist by providing resources that:

- Help you organize, promote and prepare for the program
- Give step-by-step guidance in the [Welcome Toolkit](#)
- Deliver the educational experience - View the simulation in the [Module 3 - Online Orientation](#)



Supporting Documents in the [Welcome Toolkit](#) include:

- Educational Experiences At-A-Glance
- Ice Breakers
- Goal Setting Activities
- Promotional Flyers

For more information contact us at healthyforlife@heart.org.