

Team Healthier Generation



Team Healthier Generation is a family-friendly endurance training and fundraising program, aiming to motivate, support, and guide members in their journey to reach the finish line all while raising essential funds and awareness to reduce the prevalence of childhood obesity.

Team Healthier Generation members can run or walk their first 5K or join the Alliance at marquee events such as the TCS New York City Marathon, the Rock 'n' Roll Marathon Series, and RunDisney races. Members pick the race and the Alliance will be there to support them every step of the way. Together members will get fit, have fun, and build a healthier generation!

By joining Team Healthier Generation, you'll reach your fitness goals with the help of a professional endurance coach, meet like-minded people committed to health and wellness and, most importantly, make a significant impact by raising funds to support our mission and the children and families we serve nationwide.



Team Healthier Generation was a great way to accomplish a personal goal and raise awareness on an important public health issue—childhood obesity. I want to model healthy lifestyles to my peers.



GARY LASWELL, TEAM HEALTHIER GENERATION MEMBER, PARKERSBURG, WV

WHY IT MATTERS

- Today about one out of three children and adolescents (ages 2-19) in the United States is overweight or obese, putting them at risk for serious health problems.
- Research shows that the greatest indicator for how dedicated a child is to exercise and healthy eating is how dedicated their parents are to the same behaviors.

Choose an event and start making a difference today.
TeamHealthierGeneration.org

FOUNDED BY:  American Heart Association  CLINTON FOUNDATION