



Healthy LifeStars At Home

IOWA | Institute of Public Health
Research and Policy

FAQs



What technology do I need to participate in the program?

You will need either a computer or cellphone with internet access to participate in the program.

Who should use the program?

Everyone! This program is designed for all families to learn about healthy living by completing fun activities and making memories.

How much screentime does the program require?

The program requires 15-30 minutes of screentime per chapter. The only activity that must be completed using a screen is viewing the video lesson. All other activities can either be done on or off screen or must be completed without using the screen.

When is the best time to complete the program?

This program is designed for you to complete the program at any time through all the different seasons of life! Some families find it easier to complete during summer break, snow days, or spring break.

Is the program flexible?

Yes! There are many areas that are flexible. For example, you can complete the program at your desired pace, pick your own healthy recipe, and pick your preferred physical activities.

How long does each chapter take?

Each chapter has 2-3 hours of activities for families to complete together. You can complete the program at your own pace, so feel free to divide up the activities however the program will work best for your family!

How long does the program take to complete?

It is up to you! There are 6 chapters for your family to complete. If your family chooses to complete one chapter each week, it will take 6 weeks.

Is this program aligned with 5210?

Yes! 5210 focuses on eating 5 servings of fruits and veggies, having 2 hours or less of screen time, getting 1 hour of physical activity, and drinking 0 sugary drinks each day. Healthy LifeStars promotes all of these health habits and more!

