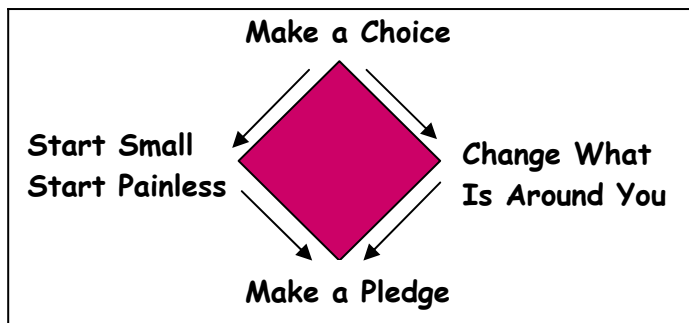


PLEDGE FOR BETTER HEALTH

Steps to Successful Change

Many of us have tried to change the way we live at one time or another. But often times we do not succeed because the goals we set are not realistic.

To help you make lasting changes for better health, **address each point on the diamond to the right.**



Make a choice	<ul style="list-style-type: none"> • If you do not decide to change, you won't. • Doing nothing is still a choice.
Start small- Start painless	<ul style="list-style-type: none"> • Make small changes you can live with, like switching from 1% milk to skim. • Do not <u>add</u> to what you currently do. Simply <u>change</u> what you currently do. For example, take a walk during lunch breaks instead of sitting.
Change what is around you	<ul style="list-style-type: none"> • Change what foods you bring home from the grocery store. • Keep a pair of walking shoes in your car so you are ready for activity.
Make a pledge	<ul style="list-style-type: none"> • Fill out the pledge card on the bottom of this page. • Post it and keep it visible to remind you of the changes you will make.



Get Started! Go to the following pages on **Healthy Eating** and **Active Living**. Read the listed tips and think about small, manageable changes that you and/or your family can make to live healthier lives.


Then, fill out the **Pledge for Better Health** card below, cut it out and post it in a visible place as a reminder of the changes you want to make.

Pledge for Better Health

Listed below are the changes I will make to improve my health/my family's health:

Sign here:

Date:



Healthy Eating: You will eat what you buy!

Active Living: It all adds up!