

FITNESS PLEDGE

Awareness Exercise

Make a Fitness Pledge. Why? Because it will help you to stay on target with meeting your goals to be fit. Your ability to be your best depends on being fit and healthy.

- Are you exercising consistently?
- Are you exercising at all?

Your ability to stay fit demands you care for your body and use those muscles so they don't atrophy before their time.

You can start small by just setting a time to exercise and show up. Then increase the time and days. Little by little you will make fitness a healthy habit for which you will be grateful.

- Commit to exercise at least one day a week for fifteen minutes until it becomes a habit
- Cut down on eating fast foods even if it is just one day a week or even just occasionally like once a month.

Make a commitment to yourself and put yourself in training to cultivate health habits. You will be so glad you did.

Please feel free to provide feedback on this awareness exercise. Was it helpful to you? Your input is valued.

DETAILS:

Fitness Assessment

Estimated time:

Two - Three Minutes

Intended for:

- Anyone who wants to get a clearer picture of his/her health habits.
- Has a desire to be more fit and is willing to take steps to create better health habits.

Upon completing this exercise:

You will have a clearer picture of where you are with your health habits.

Materials required:

1. Fitness Assessment PDF
2. Printer

Prerequisites:

None.

Fitness Pledge

I, _____, hereby make a commitment to lose _____ pounds by _____ which is _____ weeks from now.

Each day I will support my success to lose weight by doing the following:

- I will read my Fitness Pledge in the morning and evening.
- I will remind myself why I am taking charge of my health to stay motivated.
- I will look at the picture of the *new me* and feel the exhilaration of having achieved my new healthy body.

My affirmation is:

“Imagination is the servant of the will. I am the picture of health.”

Date: _____

(Sign Here)

(Witness Signature Here)

(Printed Name Here)

(Witness Print Name Here)