

PATHWAY TO WELLNESS Pledge



I will make a sincere effort to:

1. Maintain A Healthy Diet

- Eat a variety of fruits and vegetables
- Reduce red meats and eat more chicken and fish
- Avoid foods high in calories, saturated fats and cholesterol
- Limit fried and processed foods
- Eat only the number of calories needed to maintain a healthy weight

2. Keep Physically Fit

- Plan exercise at least 30 minutes at least 5 days a week (i.e., brisk walking)
- Climb the stairs rather than using the elevator
- Decrease TV watching or exercise while watching TV

3. Avoid Injury and Illness

- Wash your hands
- Wear your seat belt
- Never drive after drinking alcohol or while texting
- Protect your head by wearing a helmet
- Protect yourself from the sun by using sunscreen

4. Manage Stress

- Create a balance between work or school, home and play
- Set aside time to relax
- Get 7- 9 hours of sleep
- Seek help if you can't manage stress on your own

5. Get Proper Healthcare

- Get a healthcare provider if you don't have one and have regular check-ups
- Know your cholesterol level
- Get recommended screening for cancer
- Keep your vaccinations up-to-date

6. Avoid Bad Habits

- Never smoke or stop if you do
- Use alcohol in moderation or not at all