

Lighten Up **4** Life

2010 HEALTHY FUTURE COMMITMENT PLEDGE

IT'S ALL ABOUT SETTING THE RIGHT GOALS FOR LONG-TERM HEALTH

However, while most people trying to lose weight focus on just that one goal—weight loss – the real focus should be nutritional wellness. Concentrate on the dietary and exercise changes that will help you not only lose the weight but, more importantly, keep it off.

Physical activity should be an integral part of weight loss therapy and weight maintenance. All adults should set a long-term goal to accumulate at least 30 minutes or more of moderate-intensity physical activity on most, and preferably all, days of the week.

Sign this form and display it prominently to remind yourself of your commitment.

I pledge to:

- make healthier food choices.
- make exercise a priority during the week and stay active.
- do my best to lose ___ pounds to reach my goal weight of ___ pounds.
- get healthier!

signature

Help make WNC the healthiest community in America! lightenup4life.com