



I'm making a commitment to myself, my family and my community that I will live a healthier, more active lifestyle. I pledge to focus on the following healthy choices:

Exercise Healthy, Eat Healthy, Encourage Healthy

-  Eat five fruits and vegetables each day and less processed foods.
-  Walk 10,000 steps each day.
-  Drink eight glasses of water each day instead of sugar-filled drinks.
-  Get 7 to 8 hours of sleep each night.
-  Make half of your grains whole grains each day.
-  Be active 30 minutes a day for at least five days a week.
-  Find a workout partner. Friends or family keep you accountable and make it fun!
-  Pack a healthy lunch at least 3 days a week.
-  Take the stairs instead of the escalator or elevator.
-  Like us on Facebook for health and fitness tips and healthy recipes: facebook.com/10TVCommitToBeFit.

**I CAN DO
ALL THINGS THROUGH
CHRIST WHO
STRENGTHENS ME
-PHILIPPIANS 4:13**