

Name: _____

Take the Pledge!

Teachers: Encourage your students to make a pledge to themselves—to Get Up and Go and get healthier this year! They can follow along with the Get Up and Go pages in each month's edition of *Current Health* or do their own thing. Encourage them to fill out this pledge form, cut it out, and keep it as a reminder to themselves.

Take the pledge to

Get Up and Go!



I, _____,

(Write your name here.)

take the pledge to **Get Up and Go** and get active to improve my health.

By taking the Get Up and Go pledge, I pledge that I will

- try to make regular exercise a part of my life.
- work to make healthy eating choices.
- feel good about myself.
- encourage others to do the same.
- celebrate my success!

List some ways you can Get Up and Go!

(Sign your name here.)

(Write today's date here.)

Is your class doing something to Get Up and Go? Know some kids who Get Up and Go on their own? We'd love to know! Take a photo of your students as they Get Up and Go, or have them pose for a photo with their Get Up and Go pledge sheets. E-mail your photos to us at currenthealth@weeklyreader.com or mail them to *Current Health 1, 1 Reader's Digest Road, Pleasantville, NY 10570-7000*, and we'll enter you in a drawing. One class (of up to 35 students) and 10 individual entrants will win Get Up and Go T-shirts!