



## current health

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.

### 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 ways you can Get Up and Go:

---

---

---

*(Sign your name here.)*

*(Write today's date here.)*

