



You get only one body to live in during this lifetime, pledge to yourself right here, right now, to keep yours healthy and strong. Sign this pledge, then post it where you can easily see it. You'll always be reminded of the moment you decided to become the healthiest version of you possible.

THE JT WELLNESS PLEDGE

On this date, _____, I made a commitment to myself to take care of my body. I joined JT Wellness, and I promise to...

MOVE: It's my body. No one else can take care of it for me, so I'm going to make time to be active, even on busy days.


EAT: I know I need healthy food—and plenty of it. I will eat well. And that includes dessert, because moderation, not deprivation, is the route to being healthy and happy.

LEARN: I recognize that total wellness is more than skin deep. I will learn how to identify healthy choices - not just for today, but for tomorrow and forever. Stress will become manageable, sleep - more soundly. By expanding my horizons and challenging myself mentally- I'm exercising my most powerful muscle; my brain.

Signature

Keep this card with you as a reminder of your pledge!



	On _____,
	I pledged to MOVE EAT LEARN.
	_____ <i>Signature</i>