

Employees Pledge

I understand that my health is one of my greatest assets. Therefore, I make this pledge for myself knowing that my choices affect my well-being, my co-workers, my family and friends.

I pledge to:

- Commit to my own health every day
- Establish reasonable goals to enhance my health and well-being
- Have a healthy approach toward food and eating
- Make exercise a regular and enjoyable part of my life
- Seek and nurture meaningful relationships
- Strive to cut out unnecessary risks and bad health habits
- Have a medical check-up annually
- Make time for what's important, and reduce unnecessary stress
- Be supportive of others in their quests for wellness
- Live a life of healthy moderation
- Be patient and forgiving when I experience set-backs
- Find ways to recreate and find joy in life

Employee Signature

Date