

## **COMMITMENT**

To Safety

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### **“GET YOURSELF HEALTHY THIS SUMMER!”**

We've ALL been WAITING and WAITING for the warm summer months – and probably developing some (bad and not-so-healthy) habits during the long winter!

Use this time NOW to get yourself HEALTHY and ready for the fun of summer!

#### **GET OUT OF THE HOUSE**

- Consider taking half hour walks each evening
- Plant a garden
- Find an activity you can enjoy with family, friends, or yourself and make it part of your daily schedule for fitness
- Start a hobby that includes physical fitness

#### **BALANCE YOUR DIET**

- Eat foods from all 4 food groups
- Consuming a low fat diet decreases your chances of heart disease and high blood pressure
- Be cautious of fad diets and remember to talk to your physician about the best diet for you

#### **MAKE GOOD HABITS AND TOSS OUT THE BAD**

- Work on one bad habit each month recruiting friends & family to be your “support” team
- Start a new, healthy habit – make the commitment to one new habit a month and reward yourself when you reach your goals

#### **DAILY AFFIRMATIONS AND BALANCE**

- Surround yourself with POSITIVE thoughts and people ... those things that will help you build your self-esteem and assist you in reaching all of your goals
- Review priorities and make changes to help you “balance” those busy summer schedules

#### **SPRING INTO ACTION**

- Commit to your plan IN WRITING
- Make a timeline and track your progress
- Take it one step at a time
- ENJOY YOUR HEALTHY LIFESTYLE!