

Take the WELLNESS PLEDGE

You are encouraged to sign the pledge below as a sign of commitment to your personal well-being. By signing this pledge, you are committing to becoming an engaged employee by participating in the various wellness benefits mentioned throughout the program. You will abide by the program as follows:

Mission Of The Program

- Improve the health and well-being of employees by continuously providing and promoting wellness programs
- Encourage, educate and support employees to adopt and maintain healthy, mental, and physical lifestyle choices on a daily basis.

Goals

- Integrate wellness into the workplace culture
- Share information, assessing needs, creating programs and advocating for sustainable lifetime wellness
- Find a partner or buddy to help you on your road change

4 Pillars of the program

- Nutrition – healthy snacks, meals, proper daily intake, informed consumerism
- Physical Activity – 30 minutes, 5x/week
- Mindfulness – mediation, “down time”, sleep, community service
- Sustainable wellness for life - hitting the nutritional target, regular exercise, stress management, productivity

I pledge to actively participate in my personal well-being. I will make the necessary lifestyle improvements to enhance my quality of health. I pledge to be the sole individual that is responsible for taking control of my health, wealth, and happiness.

Print Name: _____

Signature: _____

Date: _____

Through the Ultimate Loser Wellness Program, you have access to programs and resources designed to help you make improvements to your well-being through SMART goals that positively impact your health and well-being.