

# Take the Be Well in Livingston Pledge

I pledge to support healthy living in our community by:



## Finding ways to be active every day

- Walking
- Stretching
- Other movement



## Choosing ways to eat well

- Bringing healthy food to work
- Opting for healthy choices at stores and restaurants
- Purchasing fresh foods at farmers markets



## Educating myself

- Workplace assessments and policies
- Workday flexibility
- Employee stress reduction techniques



## Supporting children in school

- Sustainable and Healthy choices



## Promoting and using community resources

- Parks, Paths and Trails

Signature \_\_\_\_\_

Date \_\_\_\_\_



Be Well  
In Livingston