

I, _____ commit to living a healthy lifestyle. I will take responsibility for my

physical, mental, and emotional well-being by making mindful decisions about my

nutrition, exercise, and stress management.

I will strive to eat nourishing, balanced meals that provide my body with the energy and

nutrients it needs to thrive. I will also stay active by participating in at least 30 minutes of

exercise each day. Finally, I will practice healthy stress management techniques, such as

deep breathing, mindfulness, and meditation.

I understand that in order to stay healthy, I must also prioritize adequate rest, hydration,

and self-care. I will prioritize these activities in order to maximize my overall well-being.

I commit to this healthy lifestyle in order to live my best life.