



Get Moving with MyFi Pledge

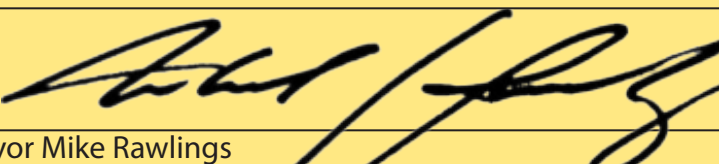
I, _____, pledge to eat smarter, be more active and live a healthier lifestyle. I promise to join Mayor Mike Rawlings and the Dallas Mayor's Youth Fitness Initiative in making the following healthy choices:

- I pledge to replace my sugary drinks with water.
- I pledge to stay active for 60 minutes a day—running, walking, dancing, jumping, gymnastics, etc.—my choice!
- I pledge to eat (and encourage my family to eat) fruits and/or veggies every day.
- I pledge to limit my T.V. and computer time to one hour per weekday and two hours per day on the weekends.
- I pledge to take a walk with my family at least three times a week.

It's time for me to turn off the T.V. or video games, and get active! It's time for me to skip the chips, and try healthy foods and snacks! It's time for me to be a leader in my family, and help us take charge of our health. We can do this together, because eating smart and moving more means we will lead longer, stronger lives!

Signature: _____ Date: _____

Parent/Caregiver Signature: _____ Date: _____



Mayor Mike Rawlings

Keep this pledge on your refrigerator as a reminder! Be sure to "Like" us at Facebook.com/MyFiDallas and visit MyFiDallas.com for more healthy tips.