



Print and post to remind yourself!
#TakeTheHealthyGPHWpledge

It is my desire to take the time necessary to make health a personal priority in my life.
I will do my best to be a health ambassador for my family, friends and community.

Mindful Monday

Cultivate the skills of mindfulness, to reduce stress, increase self-awareness, enhance emotional intelligence, and effectively manage painful thoughts and feelings.

Grati-Tuesday

It only takes 21 days of writing down three things you are grateful for every day to begin reaping the benefits.

Pass on joy and hope to those you work and live with daily.

Wellness Wednesday

Practice joyful movement. Find a physical activity that I enjoy and look forward to. Aim for 30-60 minutes of physical activity on most, preferably all days of the week. Try more plants and whole foods.

Aim for at least 5 servings of fruits and vegetables daily. Aim for 7 – 9 hours of sleep.

Thoughtful Thursday

Giving to others releases endorphins, activating the parts of our brains associated with trust, pleasure, and social connection.

Freedom Friday

When you embrace an authentic and vulnerable stance to life, people will meet you there in that openness, allowing you to experience true connection. Be free of dependence on tobacco, illicit drugs, or alcohol. Drug use can lead to dependencies that can destroy physical, mental, and spiritual health.

Social Saturday

Spend time nurturing relationships. When connection with others is present, it can boost mental and physical health, and even increase immunity and longevity.

Spiritual Sunday

Seek work with a sense of purpose bigger than yourself. People thrive in environments where their strengths are emphasized. If we are actively involved in trying to reach a goal, or an activity that is challenging but well suited to our skills, we experience a joyful state of “flow.”