

THE VITALITY PLEDGE



OVERVIEW

To kick-start or build upon your health and wellness journey, I encourage you to take the Vitality Pledge. This pledge is designed to help you apply what you have learned from the book. The Vitality Pledge consists of choosing one action or behavior related to each of the Core Four and implementing it daily for thirty days. The action can be whatever you like, as long as it's beneficial to your journey and personalized to you. Below, you'll find examples of actions for each of the Core Four that you can use as inspiration for your own Vitality Pledge. The goal is to pick behaviors that will support your growth and progression, empowering you to build healthy habits, ignite meaningful change, and take control of your health and wellness. So take the Vitality Pledge and get started today!

MOVEMENT

- Get 10,000 steps each day
- Don't sit for more than eight hours a day
- Thirty minutes of exercise
- Five minutes of stretching each day

NUTRITION

- Try a new vegetable or fruit every week
- Drink half your body weight in fluid ounces of water each day
- Avoid sugary beverages or alcohol for a month
- Meal prep once a week

RECOVERY

- Get seven to nine hours of sleep each night
- Get ten to thirty minutes of sunlight each day
- Take five-minute breaks at work each day
- Incorporate a heat or cold exposure protocol twice a week

LIFESTYLE

- Journal daily to reflect or to brain-dump
- Read for fifteen minutes each day
- Meditate for five minutes each day
- Limit screen time to a specific amount each day

TIPS AND STRATEGIES FOR YOUR VITALITY PLEDGE

- Print it and display it somewhere you'll see frequently
- Take the pledge with someone else and hold each other accountable
- Start small and build up with your actions or behaviors
- Post your pledge on social media

EXPLORE YOUR PATH TO VITALITY