

# The OptiHealth Pledge

Name: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**In my roles** as (circle all that apply) a: Spouse, Parent, Sibling, Friend, Co-worker, Neighbor, Teacher, Coach, Pastor, Doctor, Employer, Citizen, Other: \_\_\_\_\_

## I understand that:

- My role within our society of rampant unhealthy behaviors is to help restore, maintain, and enhance the health and wellbeing of myself and others by offering hope, encouragement, and support.
- My lifestyle reflects my values and priorities, establishes my credibility, and affects the quality and effectiveness of the care I provide.
- **Therefore:** My purpose calls me to live a healthy lifestyle that is consistent with the values I hold and the advice I give.

**Thus,** for the sake of my health, as well as the health of my family, friends, and community, I promise to work towards the following optimal lifestyle ideals to the best of my ability:

- I will engage in regular physical activity.
- I will get an adequate amount of restful sleep each night.
- I will consume a nutritious, whole-food, plant-predominant diet.
- I will achieve and maintain a healthy weight.
- I will refrain from the use of any harmful substances.
- I will spend time outdoors enjoying recreational activities.
- I will listen attentively and express my thoughts appropriately.
- I will develop my mental skills and maintain emotional balance.
- I will identify my negative feelings and accept life's challenges.
- I will diminish my personal stressors and resolve conflicts.
- I will trust God to lead me through this personal transformation process.
- I will acknowledge my progress and celebrate my victories.
- I will encourage my family and friends to develop healthier lifestyles, as well.
- I will volunteer to help others in their therapeutic lifestyle change efforts.
- I will do what I can to promote healthy lifestyles in my community.
- I will respect and try to understand the health beliefs of others.
- I will guard myself from potential lifestyle prejudices against others, considering the complex dynamics of personal behaviors.

Recognizing that therapeutic lifestyle change takes time and effort, I make this pledge freely upon my honor and to the best of my ability for my own benefit, as well as for the benefit of everyone that I may influence by the grace of God and to His glory.

Signature: \_\_\_\_\_