

The OptiHealth Pledge

The OptiHealth Pledge is a simple, but formal **promise** that you make to your **future self**. You took the time in our **Workshops** to evaluate how your lifestyle impacts your longevity and quality of life. You also learned what you can do to develop an **optimal lifestyle** – for **optimal health**.

Taking the OptiHealth Pledge indicates a commitment that you **value** your health and have chosen a lifestyle that will **protect** it. However, over time the lessons you learned in our Workshops may be forgotten, especially when you are tempted to compromise.

But knowing you took the Pledge, and that you had good reasons to do so (even if you forget the specific details for it), you will be much more likely to: 1) **Honor** your promise to yourself. 2) **Encourage** others to do the same, and 3) Continue to **lead by example**.

Taking the Pledge is a commitment to help create a culture of optimal health – starting with yourself.

My OptiHealth Pledge

In my role as a (mark all that apply): Spouse, Parent, Sibling, Friend, Co-worker, Neighbor, Teacher, Coach, Pastor, Doctor, Employer, Citizen

I understand that:

- Our society is increasingly burdened by chronic disease, most of which can be prevented or minimized through a healthy lifestyle.
- 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 that 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 work as a partner with others in these efforts.
- I will also 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 to the best of my ability and for the benefit of everyone that I may influence.

Sign: _____ Date: _____

Now that you have committed to developing your optimal lifestyle to the best of your ability for your optimal health, what's next? **Register as a Participant with the OptiHealth Network** for free in order to access our free, online DIY Programs, including:

- **Healthy Faith**
- **Healthy Body**
- **Healthy Diet**
- **Healthy Emotions**
- **Healthy Relationships**

Our online **Programs** will help you learn and apply the **skills** of Therapeutic Lifestyle Change as you progress towards your goal of optimal health. Best of all, our Programs are always **free**, and participation is always **flexible**. There are No membership fees, No products to buy, and No schedules to follow.

As a Registered Participant, you also get **free** access to all our topic-specific **Blogs**, which are moderated by experts to answer your questions with “real-world” advice.

Finally, if you want even more personalized **Support**, you can schedule a **Consult** by Zoom or other TeleHealth services with an OptiHealth-**certified Therapeutic Lifestyle Coach** for the price of a co-pay (\$20).

Eating better, getting fit, losing weight, and reducing your risk, or even reversing a chronic condition, are all well worth the time and effort. With our free online **Programs**, and the optional very-low-cost 1-on-1 **Consults**, you really don't have any excuses for not enjoying Optimal Health.

Let us work with you. We are here to help make sure you succeed, because your success helps us in
Creating a Culture of Optimal Health

For unlimited access to our free online Programs and personalized Support:
Register as an OptiHealth Participant

www.OptiHealthNetwork.com

Get started today!