



BOSTON TEMPLE SDA CHURCH HEALTH MINISTRIES

My NEWSTARTer Pledge

This program is a year-long commitment to developing the habits of a healthy lifestyle. Health Ministries will provide throughout the year various health education segments about the eight principles of a healthy lifestyle; Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, and Trust in God --- the acronym NEW START as a reminder.

We invite you to become a NEW STARTer. Just take the pledge. Read through it below and then sign it to demonstrate your commitment to yourself to develop a healthy lifestyle for life. The NEW STARTer program is here to support that decision and educate you along the way throughout the year and beyond. Go ahead and sign the pledge; all you have to lose is well, bad habits.

- I commit to treating my body with reverence, as the temple it was designed and created to be.
- I commit to keeping an open mind to the health message presented in the NEWSTARTer program
- I promise myself that I will make consistent small positive changes in my current habits.
- I promise to use my inconsistencies as an opportunity to revise and reaffirm my commitment to a healthy lifestyle and not quite trying.
- I promise to continue to continue beyond this one year.
- I pledge to invite at least "one" other person to become a NEW STARTer this year..

Signature

Date