

Take the Pledge



Promote healthy living across the lifespan by increasing access to active places & spaces, healthy food options and community resources.

How will you put your pledge to action? There are many ways to make a difference. Here are some examples that may inspire you!

Organizations can...

- ◇ Do a pledge drive in your organization. (Take a picture of those that pledged and send to us!).
- ◇ **Encourage a wellness team to look at ways to support health.**
- ◇ Promote community activities that encourage healthy behaviors.
- ◇ **Make one change within your organization that makes it easier to be healthy.**
- ◇ Partner with other groups to make your community healthier.
- ◇ **Include health in policies and practices.**

Individuals can...

- ◇ **Put your \$ toward the cause by purchasing healthy options.**
- ◇ Look at your work place and change one small thing that makes it easier to be healthy.
- ◇ **Ask for healthy options at concession stands & restaurants.**
- ◇ Encourage local events to include fruits & vegetables, water, and physical activity.
- ◇ **Organize a walking group.**
- ◇ Talk to local leaders about ways to improve health in your community.

Communities, businesses, organizations and individuals are all taking the pledge to help create a culture of wellness in Crawford County.

Like Us On Facebook!



Healthy Roots of Crawford County

Take the pledge today!

Learn more about us!

tinyurl.com/healthyroots