

# Men's Health Pledge

Because I care about my health, I pledge to take one or more of the following actions in 2009:

**I will Eat Smart**

- Getting at least five servings of fruits and vegetables daily. More is better.
- Getting at least six servings of grains daily, half of them whole grain products.
- Limiting foods and drinks high in calories, sugar, salt, and fat.

**I will Move More**

- Getting at least 2½ hours (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week.
- Doing muscle-strengthening exercises two or more times per week.

**I will get regular health check ups**

- Including checks for body weight, blood pressure, cholesterol, and blood sugar.
- Getting [preventive medical exams](#). For men 50+ this includes a colorectal exam.

**I will Stress Less**

- Paying attention to my [mental health](#). Taking time each day to relax. Balancing the demands of work, and home. [Getting help](#) if I need it.
- Getting enough sleep. People with the best health get 7 hours of sleep daily.

It is my desire to incorporate these goals for healthier living into my daily life and take the time necessary to make health a personal priority in my life.

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

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



Eat Smart • Move More • Stress Less  
Quit Tobacco • Get A Flu Shot • Choose Well