

# September is “Take A Loved One to the Doctor Month”



## Only You Can Keep Yourself Healthy!

- GET REGULAR CHECKUPS (& Preventive Screenings)
- MAKE HEALTHY FOOD CHOICES (Eat More Fruits & Veggies)
- MAINTAIN A HEALTHY WEIGHT (More physical Activity)



All of These =  
A Healthy You



Promote A Healthy Lifestyle For Yourself  
And Those You Care About



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## 2014 Take a Loved One to the Doctor Month (September) Only You Can Keep Yourself Healthy

Healthy Weight, Healthy Food Choices, Regular Check-ups &  
Preventive Screenings = **A HEALTHY YOU!**

### My Personal Health Pledge Card

I pledge to get Regular Checkups and Preventive Screening Tests as recommended by my licensed doctor, get immunized, aim for a Healthy Weight, go for a Walk, eat Right, be Active, be Smoke Free, keep my Stress in Check, be Drug and Alcohol Free, choose Healthy Food and Talk to my Family about my Health History this Year.

#### I will Advocate for my Own Health and my Family Member(s) by:

- Making sure a loved one gets the care they need
- Adopting healthier lifestyles by exercise and healthy eating
- Engaging in moderate physical activity at least three times a week
- Managing my weight, and losing if I should
- Eating more fruits and vegetables
- Schedule an annual exam
- Getting screened or tested for diseases and conditions that affect my community (cholesterol, high blood pressure, mammogram, prostate exam, colonoscopy, HIV/AIDS test)
- Making sure my Immunizations are updated



Signature \_\_\_\_\_

Date \_\_\_\_\_

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