



# Get Moving! Winooski



## Healthy Living Pledge

I pledge to participate in Get Moving Winooski, and to do my part to help increase health awareness in Winooski.

### Activities to stay active in Winooski:

I will...

***Pledge to be work up to 30 minutes of activity each day, 5 times a week.***

***Be active with my friends, family members, and neighbors.***

***Strive to practice healthy eating techniques.***

Get Moving Winooski will...

***Provide motivation through incentive prizes, information and monthly events.***

***Include Eating For Health recipes and health tips in the newsletter.***

- *Walk errands in town.*
- *Work around the house.*
- *Take a walk in one of the parks.*
- *Play with a pet or child.*
- *Take 10,000 steps a day!*
- *Park farther away in the parking lot.*
- *Take the stairs.*

**You keep the top at home in a visible place...send us the bottom!  
When you return the bottom portion your will receive a pedometer for pledging to be active!**

I \_\_\_\_\_ pledge to be an active participant in Get Moving Winooski by:

Being active for 30 minutes a day, five times a week.  
Encouraging other community members to be active.

**Get Moving Winooski pledges to do it's part by:**  
Providing tracking sheets and incentive prizes, to help you reach your goals.

Your contact information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Participant Signature

Return to Winooski City Hall c/o Megan McLaughlin, 27 West Allen St., Winooski, VT 05404  
Questions? Call Megan at 655-6410 x12 or [megan.s.mclaughlin@gmail.com](mailto:megan.s.mclaughlin@gmail.com)