

CARDSfit

Cards Are Reliable Dedicated Supporters of Family, Fun and Fitness Integrated Together



Pledge

- I pledge to learn about foods that support good nutrition and make them part of my daily diet.
- I pledge to perform movement activities that strengthen my heart, lungs, and muscles several times a week.
- I pledge to be smoke and drug free.
- I pledge to be courteous to the people around me and seek peaceful ways to resolve conflicts.
- I pledge to support my family and friends in their pursuit to live healthy lives.

Signature _____ Date _____

CARDSfit is a collaboration of the University of Louisville Get Healthy Now program and U of L Athletics.