



COUNTDOWN CARTERET! is a personal health pledge that encourages changing bad habits into healthy ones! **The goal is for YOU to adopt five (5) healthy habits from the A-Z healthy habit list. At least one of the choices must be a starred habit.** ☆

Directions:

1. Read through the A-Z list. Choose five (5) habits you would like to adopt! You will notice that four of the letters have a starred box. We encourage you to make at least one of your five choices be a starred letter, either A, L, V, or X.
2. **Read and initial the pledge at the top of the registration form.**
My health is important to me. I pledge today to make changes for better health. I promise to work on turning healthy choices into daily habits. I know that small changes now can have big results later in life. The habits I want to change are __ _ __ _ __.
3. Fill out your contact information at the bottom of the page. Filling out the information will verify that you have taken the pledge. Within 6 months you may be asked to participate in a brief survey. The purpose of the survey is to find out if you have successfully kept up with your changes, and if so what helped you accomplish your goals. If you were not able to keep up with the changes what were the barriers you faced that kept you from success. **Survey Participants eligible for prizes!**
4. Sign up for the Eat Smart Move More Newsletter. Don't forget to go to www.myeatsmartmovemore.com and sign up for their free monthly e-newsletter. We encourage pledge participants to sign up for this great NC resource. The free e-newsletter includes: a recipe each month, ideas for fun activities, info on upcoming holidays, and health tips.
5. Start today making changes. Promise yourself to live better. Adopt five for life!
6. Remember start small then build up to changing completely. Change isn't always easy, so find someone who supports and encourages you along the way.
7. Participate in local events and activities that promote a healthy living! Check back with us from time to-time for info on upcoming events! www.healthycarteret.org

For more information on creating healthier environments at church, work, home, or school, support is just a phone call or email away. Trying to find a local resource, information on a specific topic, or have a question about the CountDown Carteret Pledge?

Send an email to: andreab@carteretcountygov.org or call Andrea Boyd @ 252-728-8550.

Disclaimer: This pledge is intended only to encourage individuals in their personal health and wellness efforts. CountDown Carteret is not a medical provider and cannot give medical advice. You are urged to seek the advice of a physician before beginning any fitness routine, particularly if you are pregnant or have a pre-existing medical condition.

Privacy Statement: We are committed to respecting your privacy and protecting your personally identifiable information. Any information we may collect is for evaluation of CountDown Carteret and will NOT be utilized in any other manner.

This initiative is sponsored by Healthy Carolinians of Carteret County's Eat Smart Move More Coalition and other supporting agencies and community members. Healthy Carolinians of Carteret County is a 501(c)(3) nonprofit.

TAKE THE PLEDGE. MAKE THE PROMISE. ADOPT FIVE FOR LIFE!

Return the bottom portion of the pledge by:

Snail Mail:

Carteret County Health Department
Andrea Boyd, Health Educator
3820 A Bridges Street
Morehead City, NC 28557

E-mail: andreab@carteretcountygov.org

Take the Pledge
CountDown Carteret
Make the Promise