

Live Well Pledge

Today, I will try to feed myself
when I am hungry.

Today, I will try to be attentive
to how foods taste and make
me feel.

Today, I will try to choose
foods that I like and that make
me feel good.

Today, I will try to honor my
body's signals of fullness.

Today, I will try to find an
enjoyable way to move my
body.

Today, I will try to look kindly
at my body and to treat it with
love and respect.

Signature: _____

Date: _____

An excerpt from

Health at **EVERY** Size

by Linda Bacon, PhD

www.HAESbook.com