

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: _____

Excerpt from *Health at Every Size: The Surprising Truth
About Your Weight* © 2010 by Linda Bacon.

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