



PEIA Pathways to Wellness

Commitment to Wellness Pledge

Here at _____, we care

Worksite name

about our health and the health of our coworkers and their families. We hereby acknowledge that junk food, no or little exercise, and excess weight are harmful to our health and hinder performance. Therefore, we pledge to make a commitment to wellness by encouraging healthy eating and exercise in our worksite, homes, schools and communities. We will also attempt to serve nutritious and low-calorie foods at all of our meetings and social events.

Worksite Coordinator Signature

Date

Administrator Signature

Date