



## The Pulse Pledge

When we take our pulse, we can feel the power of the heart. Just as the heart pumps blood through the body, we pledge to Learn, Live, and Share with our actions to become a force for health in the community.

### P.U.L.S.E.

#### **P: PERSONAL POWER**

*I pledge to respect myself as a person and make choices that improve my mind, body, and spirit. Only I have the power to control my choices.*

#### **U: USE, not abuse.**

*I will use what I learn and the power I have to help myself and then others lead healthier choices one informed choice at a time*

#### **L: LEARN, LIVE AND LEAD**

*I will work to learn it and live it so I can lead others with my examples and actions*

#### **S: SHARE**

*I will share my knowledge and skills to improve the health of my friends, family and community*

#### **E: EXCEL**

*I will strive to thrive and not just survive. If I cannot help myself, it becomes much harder to help others.*

**Signature:**

**Date:**