

# Pledge for Life! Session 3

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Take the pledge for life with Lola Idad. Try to do at least one of these activities by yourself and/or share the activities with others.

- Park the car a few blocks away and walk for 10 minutes.
- Play with your children at the local park.
- Start a weekly walking club or dance group.
- Take an interest in a new hobby like ballroom dancing or tai chi.
- Join a community garden project, or start your own garden.
- Take the stairs instead of the elevator or escalator.
- Take a 10-minute walk with a coworker during lunch.
- Start a weekly bowling night with your friends.
- Dance to some music!
- Walk, do not drive, to your friend's house.
- Other \_\_\_\_\_