

Pledge for Life! Session 3

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 _____