



Make your health a priority

In our busy lives, it is sometimes too easy to forget to take care of ourselves and take responsibility for our own health and well being. **Health Pledge** is a way to focus on putting ourselves first, to take time out from our hectic lives and make some small changes to our lifestyles to make big improvements to our health, it's like a big, communal resolution.

The idea is that we all make a promise to make better choices, to choose one thing that we will pledge to change. Health Pledge is open to everyone, the idea is being promoted by patients for patients.

We are keen to encourage groups, families or couples to pledge together to maximise support. All you have to do is think of a small change that you can make, write it down and stick to it – it is as simple as that. You can write your pledge on a post it, pledge via the health pledge website, announce it on social media, or just stick it on your fridge – it's entirely up to you. Why don't you come and join us and see what you can do to make a difference to your health.




Pledge or find out more at www.healthpledge.co.uk

From Thornley House Patient Participation Group,

proudly supported by MMU Department of Nursing



-----Cut along the dotted line --  -----

To improve my health

I pledge to _____

Signed _____ Date _____