

## ***THE "LIVE WELL" PLEDGE***

Today, I will try to feed my body if I am hungry.  
Today, I will try to be attentive to how foods taste and  
make me feel.

Today, I will try to choose foods that I like and that  
make me feel good.

Today, I will try to respect my body's signals of fullness.  
Today, I will try to find an enjoyable way to move my body.  
Today, I will try to look kindly at my body, and to treat it  
with love and respect.

Excerpt from: Linda Bacon, PhD, *Eat Well: For Your Self, For the World*, 2007 ([www.lindabacon.org](http://www.lindabacon.org))

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