

SRC Wellness



2020

Take the Pledge

We encourage you to join the SRC Wellness 2020 program. Sign this pledge as your commitment to personal wellness. In doing so, you agree to participate to the best of your ability. You will also be eligible for prizes for each session. Together, we can make personal wellness a priority in 2020.

MISSION:

Improve the wellbeing of our team by focusing on personal wellness. We will encourage, educate and support each other by making positive lifestyle choices throughout the year.

GOALS:

- Integrate wellness into the SRC workplace culture.
- Create programs, share information, and advocate for sustainable lifetime wellness.
- Find a team or partner to help you stay on course and offer encouragement.

The SRC 6 Areas of Wellness for 2020:

Jan - Feb, 2020: Physical Wellness

Set daily and weekly goals, no matter your fitness level.

Mar - Apr, 2020: Financial Wellness

Take tangible steps to strengthen your financial situation.

May - Jun, 2020: Mental Wellness

Learn and implement strategies to improve your personal wellbeing.

Jul - Aug, 2020: Nutrition Wellness

Take small steps that add up to improve your overall nutrition profile.

Sep - Oct, 2010: Self Wellness

Find balance through mindfulness, meditation, down-time or other activities.

Nov - Dec, 2020: Caregiver Wellness

Learn caregiving techniques and ways to avoid burnout.

Throughout the program, SRC team members will provide information to help you live this pledge to the best of your ability. We agree to support you in an uplifting and non-judgmental way. Together, we can all become stronger and more balanced.



I pledge to actively participate in my personal wellness journey. I will attempt to make the necessary lifestyle options to enhance my quality of life. I will focus on what I can do to make this happen. I pledge to be the sole individual that is responsible for taking control of my health, wealth and happiness.

PRINT NAME: _____

SIGNATURE: _____

DATE: _____



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CENTER