

MAKE TODAY THE DAY

*you pledge to have a* **healthier FUTURE.**

**Pledge** to lose 10% of your body weight and we'll help guide you.

Losing just 10% can decrease risk factors for chronic disease by improving heart and immune system health, as well as providing other health benefits.

To determine 10% of your body weight, do the math: (your weight in pounds) x .10 = your 10% weight loss goal (pounds).

Take the pledge online at [www.michigan.gov/mihealthiertomorrow](http://www.michigan.gov/mihealthiertomorrow) or scan the QR code below to go directly to the mobile pledge.



After taking the pledge, we will send you a free MI Healthier Tomorrow kit to get you started on your weight loss journey.

The kit includes a guide for healthy supermarket shopping, a food and exercise log, a colorful

poster with helpful tips and much more. You can also sign up to receive emails or mobile messages twice a month with tips to help you reach your goals.

Pledge to get healthier, Michigan. **One day at a time.**



Michigan Department  
of Community Health



Rick Snyder, Governor  
James K. Haveman, Director

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