

Personal Commitment to Heart-Healthy Living

Date: _____

Dear [Your Name],

Today, I am taking a significant step towards a healthier future by committing to heart-healthy living. I recognize the importance of maintaining a healthy heart to improve my overall well-being and quality of life.

My commitment is to:

- Incorporate at least 30 minutes of physical activity into my daily routine.
- Eat a balanced diet rich in fruits, vegetables, whole grains, and healthy fats.
- Limit my intake of processed foods, sugars, and excessive salt.
- Stay hydrated by drinking plenty of water throughout the day.
- Manage stress through mindfulness practices and regular relaxation techniques.
- Schedule regular check-ups with my healthcare provider to monitor my heart health.

I understand that this is a lifelong journey and I am committed to making sustainable choices that prioritize my heart health. I will remind myself of this commitment daily as I strive to make better decisions for my body and my future.

With determination,

[Your Signature]

[Your Printed Name]