



# BASECAMP

CARDIAC PREVENTION + WELLNESS

I AM READY to be my best, healthiest self.

I WILL:   LOWER MY RISK

I WILL:   REDUCE STRESS

I WILL:   BE FIT

I WILL:   BE MY BEST WEIGHT

I WILL:   START TODAY

X

My journey starts today.

Place this pledge in a prominent location to remind you of your commitment. Start small, finish remarkable!

Your pledge rewards your heart. We want to reward you! Simply share your commitment to heart health and we will draw a winner each month for awesome Basecamp prizes.

**Social Media:**

**[www.facebook.com/WelcomeToBasecampOR](https://www.facebook.com/WelcomeToBasecampOR)**

Like our page and share a photo of your pledge to our Facebook page for an entry!