

# M.O.V.E. Together Mississippi - Family Fitness Pledge

We, the undersigned family, commit to moving together for better health and stronger community. Each week, we will set movement goals and encourage one another to stay active and energized. Together, we pledge to M.O.V.E.: Mobilize Our Vital Energy!

Family Name: \_\_\_\_\_

## Weekly Movement Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



### Health and Safety Disclaimer

This pledge is intended to encourage joyful movement and family wellness. Participants should consult with a healthcare provider before beginning any new physical activity, especially if they have chronic conditions, mobility limitations, or recent health concerns. All movement should be adapted to individual ability levels and performed in safe environments. Healthy Together Mississippi is not liable for injury or health complications resulting from participation. Always prioritize safety, hydration, and rest as needed.