



Make your health a priority

Promise to make small changes
to improve your health

Health Pledge is for
everybody



Initiative of Thornley House
Patient Participation Group in
Hyde Proudly supported by
MMU Nursing



Manchester
Metropolitan
University

Find out more: www.healthpledge.co.uk

What is Health Pledge?

The idea of Health Pledge is for us all to think carefully about the choices we make.

Then, to choose something we would like to change to improve our health and pledge to do it.

This could be what we eat or drink, the exercise we take, how we relax or how we can get more control of our lives.

Health Pledge is open to everybody and doesn't cost a penny!
The campaign is being promoted by patients for patients.

What you can do to join us

Decide what you want to change to improve your health.

Keep it small and measurable so you will succeed.

Then log onto our website www.healthpledge.co.uk and pledge! It's as easy as that!

Pledging is very powerful and will help you stick to your change.

If you can pledge with friends, colleagues, your family or any other group then you can support each other.



What have people pledged so far...

- To swim every week
- To use the stairs not the lift
- To de-clutter
- To sit in the peace garden
- To stop buying snacks
- To join a choir
- To walk one mile five times a week
- To stop smoking
- To cut out take aways
- To drink wine only at weekends



Small steps can lead to big changes
Make a pledge and make your health your priority

For more information visit the website: www.healthpledge.co.uk or
Contact Thornley House Hyde PPG at: info@healthpledge.co.uk