

take the pledge

# "I PROMISE TO SHAKE MY BOOTY!"

We're serious, people! This is a real thing we're hoping you'll actually do now that you know *even more* about why being active is so important.

By signing this promise, you pledge to move your tush in some way every single day. Why swear to shake your butt? Simple: It's the biggest muscle in your body, and you need it to do almost everything. Your behind is stealthy that way. Shimmy over to a pen, and let's do this!



## THE "SHAKE MY BOOTY" PLEDGE

I, \_\_\_\_\_, do  
 so solemnly swear to SHAKE MY BOOTY for  
 at least 60 minutes everyday in whatever way  
 makes me happy! By signing this pledge,  
 I also understand that I do NOT have to get all  
 my minutes at once. Five minutes here.  
 Ten minutes there. It all counts!

\_\_\_\_\_  
 SIGN AND DATE HERE