This year, our organization has taken the Children’s Healthcare of Atlanta Strong4Life wellness pledge. We are committed to helping kids and families adopt the four Strong4Life Healthy Habits:



We will support healthy habits by:

* Offering healthy food and beverage choices at events, concession stands and in vending machines.
* Providing opportunities to be active.
* Ensuring youth programs provide a healthy environment and positive role models.
* Planning a variety of fun and educational wellness activities for kids and families.
* [Add any specific changes you want to share]

We need your help! Please help us promote wellness by:

* Packing your child a healthy lunch/snack.
* Providing healthy team snacks, birthday snacks, party snacks that include fruits or vegetables.
* Sending your child with water instead of juice or sugary drinks.
* Participating in wellness activities with your family.
* Ask your child to teach you an active game they learned, or practice their sport at home  
  with them.
* [Add any specific requests you have for parents]

We are really excited to take this wellness commitment. Please let us know if you have any questions or suggestions.

Thanks for your support,

[Name]

[Organization]