



## Get Fit Pledge

Did you know research suggests leading a healthy lifestyle may reduce your risk of dementia (not to mention heart disease and stroke too)? So we'd like to encourage you to take a get fit pledge to help make breakthroughs possible.



**Exercise**



**Healthy weight**



**Reduce  
cholesterol**



**Balanced  
diet**



**Low alcohol  
intake**



**Controlling high  
blood pressure**



**Control blood glucose  
level if you have  
diabetes**



**Not smoking**

### Here's how it works:

1. Decide what lifestyle change you'd like to make – there are some tips below. Make a donation to seal the deal. We suggest £2.
2. Write your pledge on the attached slips and pin it up in your office.
3. Get started! Best of luck fulfilling your pledge, but if you don't quite make it, why not double your donation and try again?

### Some tips to help you decide:

- Make your challenge personal to you. You are the best person to decide what a challenge is for you, whether that's not taking the lift for six months or signing up for your first marathon.
- Try something that's achievable but will make a difference to your health. Cut out a glass of wine a week, walk a mile every lunch time, go meat free a day a week or give up chocolate for a month.
- Get active – sign up to a run, cycle or swim and raise sponsorship for Alzheimer's Research UK. Get down to your local parkrun every week for a month or use parkrun to run a marathon in 8 weeks. Interested in the Royal Parks Half Marathon? – contact [corporate@alzheimersresearchuk.org](mailto:corporate@alzheimersresearchuk.org).



**Alzheimer's  
Research  
UK**

Make  
breakthroughs  
possible

Name:

Pledge:

**Thank you for your pledge  
and good luck!**



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