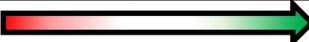




My Healthy Living Commitment

I PLEDGE IN 2026 TO INCORPORATE MORE HEALTHY HABITS INTO MY DAILY ROUTINE.

<i>Less....</i>	  	MORE!
<i>Sitting</i>		Movement
By increasing blood flow, exercise helps nourish skin cells and keep them vital. Exercise and movement help to control weight, reduce risk of heart disease, manage blood sugar and insulin levels, and improve mood.		
<i>Scowling</i>		Smiling
When you smile, your brain releases tiny molecules called neuropeptides to help fight off stress. Then other neurotransmitters like dopamine, serotonin and endorphins come into play too. The endorphins act as a mild pain reliever, whereas the serotonin is an antidepressant.		
<i>Screen Time</i>		Mindful Moments
Are you finding it challenging to unplug? There is a fine line between good information and over-consumption of social media. At night, blue light can tend to keep us alert, making our sleep suffer. Practice mindful screen-time to have more quality interactions and better sleep!		
<i>Criticism</i>		Compliments
Compliments benefit the giver, too. Being complimentary helps us create an optimistic, happier outlook.		
<i>Fried Food</i>		Fresh Food
Limiting refined sugar and processed foods in your daily diet and focusing on fresh, whole plant-based foods can help slow or prevent inflammation and cognitive decline and maximize brain function. Plus... it just tastes BETTER!		
<i>Eating out</i>		Cooking In
You save money, eat fewer calories without even realizing it, you are more mindful of what you put in your body (sugar/oil/salt content usually much lower than fast food), you can socialize with loved ones, and it stimulates your brain!		
<i>Soda</i>		Water
Most sodas contain 40 to 80 grams of sugar per can, which is the equivalent to eating 20 to 40 sugar packets! Water may improve memory and mood, reduce sugar cravings, improve exercise performance, reduce headaches and migraines, help prevent constipation, help prevent kidney stones, and reduces the risk of bladder infections.		
<i>Illness</i>		Prevention
Schedule your annual wellness visit! This is an opportunity to assess your current health and identify your health goals for the coming year. While not a head-to-toe physical exam, the results can help your doctor create a personalized health plan to address any current concerns and identify ways of preventing problems in the future.		
Insert your own:		



Health & Wellness Reimbursement

To support your goals for a healthy lifestyle in 2026, the Wellness Committee has sourced or partnered with the below resources to get you started!

Please check what you are interested in, pay for at least a month for one of them, submit the receipt and this signed Commitment form to your Wellness Ambassador or uswellness@dsv.com and you will receive a \$50 Amazon Gift Card from the DSV Wellness Program.

**Can only be claimed once per year.*

Service	Service Description	Service Cost
Obe Fitness	Live and on-demand fitness classes https://obefitness.com	Monthly cost \$24.99 or annual \$169.99 (\$14.17 per month)
Headspace	Meditation & mindfulness for any mind, any mood, any goal https://www.headspace.com/	Monthly cost \$12.99, 1 st week free, can cancel anytime
MyFitnessPal	Food tracking to understand eating habits, simplified logging. Fitness advice/tips. https://www.myfitnesspal.com/	FREE Version Premium Version has Barcode Scan & Meal Scan, Custom Macro Tracking, Ad-Free Experience Monthly cost \$19.99, 1 free month, or annual \$79.99 (\$6.66 per month)
WW (Formerly Weight Watchers)	Lose weight with their new holistic approach designed for you https://www.weightwatchers.com/	Core membership starts at \$12/month (12-month contract) Core+ membership starts at \$22/month (12-month contract)
Plant Power Meal Planner	Change your plate, transform your life. Take a personalized survey, discover delicious recipes, and eat great food. https://meals.richroll.com/	\$99 yearly or \$39 quarterly
Engine 2 Plant Strong Meal Planner	Make wholesome plant-strong meals. On-call help, personalized recipes daily, printable menus & shopping lists, nutrition & cooking tips https://plantstrong.com/	Monthly cost \$14.00 or \$99.00 a year
RunTheEdge	2,026 Miles in 2026 Challenge – participate solo or as a team of any number https://runtheedge.com	Basic Registration fee \$39.00
Current gym or health related membership	If you are already paying a monthly membership for a health-related activity, list the name here:	What is the monthly cost? _____

**Please contact uswellness@dsv.com for program details/presentation before signing up*

The DSV Wellness Committee is here for you! Please contact your Wellness Ambassador or uswellness@dsv.com with any questions.

To learn more about the resources available through Aetna, if you are a benefits participant, check out DSV Central <https://dsvcorp.sharepoint.com/Sites/USHRAirSea>. Have an idea for a wellness challenge? We would love to hear from you!

Print Name:	Location:
Signature:	Contact phone or email:
Date:	