

**the\_fitness\_edges**

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## **Your Personal Declaration: The Commitment That Could Save Your Life**

Read this aloud and sign it:

"I, \_\_\_\_\_, acknowledge that:

- My life is precious and irreplaceable
- No physique goal is worth risking my life
- I will listen to my body's warning signs
- I will prioritize health over appearance
- I will seek medical help when needed
- I will make informed decisions about supplements
- I will educate myself continuously about heart health
- I will share this knowledge to save others

Date: \_\_\_\_\_

Signature: \_\_\_\_\_