

# **ANAD** PLEDGE

**I will accept myself as I am.**

**I will accept others as they are.**

**I will support diversity and freedom of expression in the way people think, look and live.**

**I will not tolerate physical or mental abuse.**

**I will actively participate in efforts to change media programming and advertising that exploit or demean the human body.**

**I will work to improve the lives of individuals, communities and the environment.**

**I will support programs that encourage good health through proper nutrition, regular exercise and adequate sleep.**