



## JOIN NBA FIT...

- Improve and maintain good health
- Focus on eating well and exercising right
- Elevate your performance in school and play
- Achieve your goals

## NBA FIT...FAMILY

**F**ocus on fun and fitness!

**I** will pledge NBA FIT!

**T**ake the lead on your family's fitness!

**Brandon Roy**  
Portland Trail Blazers  
NBA  
FIT Team Member

**Cappie Pondexter**  
Phoenix Mercury  
WNBA  
FIT Team Member

## TRAINING WITH INTEGRITY

Being healthy and competitive means avoiding alcohol and drugs – that includes “party” drugs or drugs intended to “enhance” performance. Specific drugs can have serious effects. Anabolic steroids, for example, can lead to serious health problems, including ruptured tendons, organ damage, and increased risk of liver cancer, heart attack, or stroke.

Drugs and alcohol slow reaction time, cloud judgment, and can alter critical body functions. Over time they affect brain chemistry, which can reduce the enjoyment one gets from activities like sports.

Every athlete values being in the moment, staying sharp, and enjoying the game. Encourage them to make smart choices and avoid drugs!



**MAKE YOUR PLEDGE:**  
[www.nba.com/nbafit](http://www.nba.com/nbafit)



# Game On!



Tyson Chandler  
Charlotte Bobcats  
NBA

## BE HEALTHY...START TODAY!

- Eat breakfast
- Sleep 8 hours
- Exercise every day
- Drink plenty of water



Tamika Catchings  
Indiana Fever  
WNBA



NBA FIT encourages kids, parents and families of all fitness and skill levels to be physically active. Join us and pledge your personal NBA FIT goal. Join **one million** other people in being more physically active and healthy!



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