

The Tae Bo® Nation Creed

I, as a certified Tae Bo® Nation Instructor, promise to uphold the
Tae Bo® Nation Creed.

I will walk in honor, show respect for myself and others, and vow
never to be dishonest or take advantage of the weak or poor.

I commit myself to these values of life:

Integrity, Truth, Honesty, Respect, Sincerity, Compassion, Reliability,
Open-Mindedness, Commitment, Perseverance, Self-control and
Team Work.

This is my pledge, that I will walk in the values of the Tae Bo ®
Nation Creed.

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