



# Township of Bernards

1 Collyer Lane, Basking Ridge, NJ 07920

Phone: 908-204-3001; Fax: 908-204-3015; Website: [www.bernards.org](http://www.bernards.org)

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## **MAYOR SCOTT SPITZER ANNOUNCES UNIQUE WELLNESS PARTNERSHIP TO BENEFIT BERNARDS TOWNSHIP RESIDENTS**

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Company Name: Bernards Township

Contact Person: Lucy Forgione

Telephone Number: 908-204-3067

Email Address: [lforgione@bernards.org](mailto:lforgione@bernards.org)

Web site address: [www.bernardshealth.org](http://www.bernardshealth.org)

### Bernards Township Mayor Announces New Wellness Partnership

Mayor Scott Spitzer announced today a major new initiative in his Mayor's Wellness Campaign to encourage exercise and healthy living for Bernards Township residents.

Mayor Scott Spitzer announced today that the Bernards Township Mayor's Wellness Campaign, has entered into a partnership with the Bernards Township Health Department, the Bernards Township Parks and Recreation Department, the Somerset Hills YMCA, and the New Jersey Health Care Quality Institute, to offer a "Toxic Waistline Competition" to Bernards Township residents.

Mayor Spitzer said, "I am pleased to announce that we have formed a new and unique wellness partnership to create, plan and administer this program, involving Township departments and state and local health care organizations. The deep expertise, resources and teamwork of all these organizations to join together to improve the health of Bernards Township residents is gratifying and unprecedented."

The Competition, similar to the popular television program “The Biggest Losers”, will provide tools and incentives to help adults and youth to lose weight and reduce toxic inches around the abdomen in the most healthy manner possible. More details on the Competition will be announced shortly.

The Mayor’s Wellness Campaign is an initiative to promote active living and healthier lifestyles for the men, women and children of Bernards Township. Various fitness and exercise events with Bernards Township Committee members are being held during the year. More information on the Mayor’s Wellness Campaign, including information on the significant health benefits of exercise, is available on the township’s website [www.bernards.org](http://www.bernards.org)

The Mayor’s Wellness Campaign is a state-wide program initiative through the New Jersey Health Care Quality Institute in partnership with the New Jersey League of Municipalities.

Contact the Bernards Township Health Department at (908) 204-3067 for further information on this program.

