



Bernards Township Mayor's Wellness Campaign
Toxic Waistlines Competition



100 Days & 100 Ways
Towards a Healthier Bernards Township

The Toxic Waistlines Competition was created as an innovative way for mayors to encourage their citizens, to not only lose weight, but to reduce the toxic inches around the abdomen.

Take the challenge to improve your waistline and overall health!

Registration: ALL information kept confidential.

- All registrations must be received by 4:30 p.m. on Friday, May 28, 2010.
- Participation is open to Bernards Township residents age 11 and older, Municipal and Board of Education employees.
- Cost is \$10.00 per participant, which includes eligibility for all related programming during the 100-day competition.
- All participants must attend a pre-program assessment to be weighed and measured on one of the following:

When: Wednesday, June 2nd, between 3:00 p.m. and 6:00 p.m.
 Thursday, June 3rd, between 7:00 p.m. and 8:30 p.m.

Where: Bernards Township Community Center, 289 S. Maple Ave, Basking Ridge, NJ

To register: Complete the form below and mail with check made payable to "Bernards Township":
Bernards Township Parks & Recreation, 1 Collyer Lane, Basking Ridge, NJ 07920

Contacts: Bernards Township Parks and Recreation (908) 204-3003
 Bernards Township Health Department (908) 204-2520

Program and Prizes:

- A calendar of programs available during the 100-day competition will be distributed to participants.
- Participants will be required to attend a final assessment after the 100-day period on either September 14th or 15th.
- Residents ages 11 to 17 will not be weighed and measured.

WIN \$500!!! GRAND PRIZE to the participant with the highest percent weight loss
WIN \$250!!! PRIZES to the next two participants with the highest percent weight loss
WIN \$100 retail gift card!!! The next seven participants with the highest percent weight loss
All youth participants (ages 11 – 17) will receive a \$25 gift certificate upon completion of the 100 days.

This program is made possible through a grant from the New Jersey Health Care Quality Institute's Mayors Wellness Campaign, (www.njhcqi.org), (www.mayorswellnesscampaign.org), funded by the National Business Coalition on Health in cooperation with, Bernards Township Health Department (www.bernardshealth.org), Bernards Township Parks & Recreation Department, (www.bernards.org), and the Somerset Hills YMCA, (www.somersetillsymca.org).



The Bernards Township Mayor's Wellness Campaign's Toxic Waistline Competition

\$10 per participant, checks made payable to "Bernards Township". Registration must be received by 5/28/10. No refunds once paid.

Name: _____ Date of Birth (mm/dd/yyyy): _____

Address: _____

Home Phone: (____) _____ Cell Phone: (____) _____

Email: _____

Check one: Township Resident
 Municipal Employee
 Board of Education Employee

T-Shirt Size: _____ Emergency Contact Name _____ and Phone _____

I certify that I am physically able to participate in this activity and agree that Bernards Township shall not be held liable in the event of accident or injury resulting from participation in this activity. I grant Bernards Township the right to use any and all photographs of myself participating in a sponsored activity for future media promotion. I certify that I have read and understand the Parks & Recreation Department's registration, non-resident and refund policies.

Signature: _____ Date: _____

For office use only: Cash _____ Ck. # _____ Received: _____