

JOIN THE 2012

# WINNING WELLNESS CHALLENGE



LEARN LIFELONG HABITS TO GET FIT AND STAY HEALTHY

Education, motivation & health awareness—teams work together for lifestyle change



## Looking to get healthier in 2012?

- If you want to drop 5 pounds or 50 pounds
- If you want to learn what a healthy diet looks like...
- If you want to begin to develop a healthier lifestyle...

*Then come to this 12 week program sponsored by the Rotary Clubs of Northborough and Southborough!*

**Wednesdays, January 18–April 4, 2012**

**6–7:30pm**

**Algonquin Regional H.S. Cafeteria**

**18 years old & up**

**\$60 per person**

**See the back of this flyer for registration info.**

Child care will be available for additional cost (not due at time of registration).



**Formerly called Biggest Loser/Winning Fitness, this program has been revamped to be even more fun and effective!**

**Each weekly session will include:**

- A private weigh-in
- Motivational time where everyone is encouraged to share struggles and victories with fellow participants
- Discussion led by respected experts in the fields of nutrition, diet, exercise, lifestyle & more
- Thirty minute exercise session (zumba, dance, resistance, cardio, etc.) led by qualified instructors where participants can burn a few calories.

**You are encouraged to form a team of four to six members, or we can place you on a team. The winning team will be awarded a \$1000 cash prize!**

**PROGRAM QUESTIONS? Contact Pam O'Donnell at [pamo823@hotmail.com](mailto:pamo823@hotmail.com) or 508-481-6640.  
REGISTRATION QUESTIONS? Contact Northborough Recreation at 508-393-5034.**

### TESTIMONIALS

**Judy Boyle, Realtor, RE/MAX Signature Properties, Marlboro, MA:** "With each class, my husband and I brought home new knowledge about ways to improve our grocery shopping and eating habits. These simple changes continue to benefit our whole family day after day."

**Brett Gerardi, Data Operations Supervisor, Millbury, MA:** "The WWC is the first weight loss program that I have ever taken part in. I found it very informative and the people are extremely supportive. I enjoyed having to weigh in weekly. It makes you accountable for your food choices throughout the week. With last year's program, I lost 49 pounds and felt great doing it. To anyone looking to join a weight loss program, I encourage you to give it a shot. What have you got to lose?"



# WINNING WELLNESS CHALLENGE 2012 Registration Form

Registration for this program is being managed by Northborough Recreation. Here are your options for registration:

- Complete this form and mail with a check made payable to the Town of Northborough; mail to Recreation Department, 63 Main Street, Northborough, MA 01532.
- Visit [www.northboroughrecreation.com](http://www.northboroughrecreation.com) and register online with a credit card
- Call 393-5034 to register with a credit card (please call Monday-Thursday, 8am-2pm)
- Visit the Recreation Department at 63 Main Street to pay with cash, check or credit card

**Participant's Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Town, Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**Name of person to contact in case of emergency (other than parent):** \_\_\_\_\_

**Please list any physical limitations/restrictions:**

\_\_\_\_\_  
**Email address :** \_\_\_\_\_

**Waiver:** In consideration of this application, I release the Town of Northborough, its employees, agents, representatives, and other persons or organizations for whose conduct it is responsible from any and all liability, loss, damage, costs, claims and/or causes of action, including but not limited to all bodily injuries and property damages resulting or arising from the use of premises, facilities, or equipment of the Town of Northborough, or caused in any way by the Town of Northborough, its employees, agents, representatives, and other persons or organizations for whose conduct it is responsible. I authorize that I am in the necessary physical condition required to participate in the registered activity. In the event of emergency, I authorize the staff to seek emergency medical care on my behalf if needed. I will assume all costs.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**For more information about  
Rotary, please go to  
[www.rotary7910.org](http://www.rotary7910.org) or  
[www.rotary.org](http://www.rotary.org).**

**For more information about  
Northborough Recreation, or for a  
comprehensive list of its program-  
ming, open to residents and non-  
residents, please go to  
[www.northboroughrecreation.com](http://www.northboroughrecreation.com).**

