

# WORKOUT WEDNESDAY



JOIN TENACITY FITNESS  
AND EDGE DANCE CENTER  
IN SUPPORT OF THE  
MAYOR'S WELLNESS  
INITIATIVE.

LINK:  
MAYORS WELLNESS - TAKE THE PLEDGE

**FREE MIT CLASSES**  
**WEDNESDAYS 6:30PM:**  
**8/10, 8/17, 8/24 & 8/31**



- FREE BODYWEIGHT MIT CLASS
- 35 MINUTE CLASS
- HAINESPORT TWP. MUNICIPAL BUILDING AT THE GAZEBO
- BRING WATER, MAT OR TOWEL.
- ALL LEVELS - ALL AGES - ALL WELCOME!
- ATTEND ALL 4 - HARD WORK PAYS OFF! PARTICIPANT PRIZES AWARDED - FREE PERSONAL TRAINING AND FREE DANCE CLASSES.



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## MAYORS WELLNESS PLEDGE

### I Pledge To:

#### Get More Active:

- Incorporate exercise into my weekly schedule based upon my own abilities and doctor's recommendations Find active home life alternatives to television, computer games, and the internet.
- Encourage my family members or friends to exercise more often
- Set goals and track my accomplishments

#### Eat Healthier:

- Drink lots of water and less sugar drinks
- Limit the amount of junk or fast foods
- Eat more fresh fruits and vegetables
- Set goals and keep track of daily intake

#### Know My Numbers:

- Check my health numbers with my family doctor (weight, BMI, cholesterol, blood pressure)
- Get regular well-being check-ups

By taking this pledge, you promise to do your best to improve your overall wellness. This is a pledge of honor meaning that you determine how well you are doing. Our goal is to raise awareness and help motivate residents to lead healthier lifestyles. Take the pledge and receive a decal that you can display to show you are a part of the Hainesport Healthy Living Team! Please complete the information below and return to Hainesport Township, Attention Mayor, PO Box 477, Hainesport, NJ 08036. You may also place in the township drop box by the tax office.

Name:

Street Address:

Phone Number:

Email Address:

*(Email address will be added to the Township's e-blast list for periodic e-mails with upcoming Mayors Wellness Events)*

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In participation of the individual named, I agree to hold harmless Hainesport Township, Tenacity Fitness and Edge Dance LLC and to indemnify them from any claims, demands, injuries, damages actions, lawsuits, legal fees and costs arising from injury to person or property from the use of services and facilities.

Name:

Signature:

Parent/Guardian Signature:

\* if under 18

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