

JOIN THE
2013

WINNING WELLNESS CHALLENGE

Learn lifelong habits to get fit and stay healthy!

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 sessions (strength-training, resistance exercises, cardio, etc.) led by qualified instructors where participants can burn calories

Cash prizes totaling \$1,000!

1st prize: \$500

2nd prize: \$300

3rd prize: \$200



Looking to get healthier in 2013?

- ◆ If you want to drop 5 or 50 pounds—
- ◆ If you want to learn what a healthy lifestyle is like—
- ◆ If you would like support from peers to stay focused on your goals and motivated for success—

Then consider signing up for this
12 week program
sponsored by the **Rotary Club of
Northborough!**

Wednesdays

January 16—April 10, 2013

6—7:30pm

**Algonquin Regional HS,
Cafeteria**

18 years old & up

\$60 per person

*on-site child care available for reasonable fees
(preregistration not required for child care)

Register for this program at
www.northboroughrecreation.com
or complete the form on the back of this flyer
and submit with payment.

PROGRAM QUESTIONS?

Contact Stephen N. Georgeson
at sngeorgeson@gmail.com

REGISTRATION QUESTIONS?

Contact Northborough Recreation
at 508-393-5034 or
recreation@town.northborough.ma.us





WINNING WELLNESS CHALLENGE 2013 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 and register online with a credit card
- Call 393-5034 to register with a credit card (please call Monday-Thursday, 8am-4pm)
- 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: _____

Please list any physical limitations/restrictions:

Email address : _____

Waiver: In consideration of this application, I release the Town of Northborough, its employees, the Rotary Club of Northborough, Inc., 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, the Rotary Club of Northborough, Inc., 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 or
www.rotary.org.

For more information about Northborough Recreation,
or for a comprehensive list of its programming,
open to residents and non-residents, please go to
www.northboroughrecreation.com.

