



**SHAPE UP
SOMERVILLE**

Mayor Curtatone's 3rd Annual Fitness Challenge! Kick-Off Health & Wellness Fair

**Sat., March 31, 2012, 11am-2pm
Somerville High School Gym
81 Highland Avenue**

Being healthy ISN'T ONLY about weight loss, it's about adopting a healthy lifestyle! We're kicking off the Mayor's fitness challenge, which continues through May, with a Health & Wellness Fair. Join us and find out how everyone in Somerville can PLEDGE, PLAY and BE HEALTHY!



PLEDGE

- * Agree to improve your health by exercising, eating better and commuting to work in a healthy way (walk, bike, etc.)
- * Join a team consisting of 10 members that will compete on weight loss and body mass index (BMI)
- * All participants receive a Mayor's "Fitness Buck," which gives discounts at local businesses and wellness establishments

PLAY

Check out and participate in the following FREE demonstrations:

- * Boot camp
- * DJ
- * Zumba
- * Face painting
- * Recreation games for kids
- * Arts & Crafts

BE HEALTHY

- * Learn about good nutrition
- * New interactive website
- * Have your blood pressure and BMI taken
- * Explore Alternative Health/Wellness options
- * Receive "Fitness Kits"
- * Healthy Snacks
- * Food Demonstrations & Competition

For more information, please call 311 or contact
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