



Health and Wellness Participation Pledge

I/We _____ pledge to participate in the Mayor's first annual "Shape Up Rutherford Fitness Campaign." I/We pledge to lead a more productive and healthier lifestyle by increasing my/our daily physical activity, eating healthier and volunteering more of my personal time to community endeavors.

As a member of the Mayor's Fitness Campaign, I embrace the Mayor's work in my/our schools and community to make our borough a better place to live, work, play and raise a family. I/We pledge to implement or participate in a minimum of two of the following:

- Exercise at least 3 times a week for 30 minutes (walking, biking, running, etc.)
- Reduce screen time

Healthy eating:

- Increase consumption of fruits and vegetables
- Drink more water and less soda or soft drinks
- Reduce and/or eliminate fast food and junk food

Participate in a key community wide Fitness Campaign event

List Personal Goal(s)

Name: _____ (please print)
Phone #: _____ E-mail address: _____
Signed: _____ Date: _____