



Village of South Orange Department of Recreation & Cultural Affairs
5 Mead Street, South Orange, NJ 07079
Telephone (973) 378-7754, ext. 1
www.thebaird.org



SOFit 2017

THE SOUTH ORANGE HEALTH & FITNESS CHALLENGE

Get fit in 2017! If you need a reward to stick by your New Year's resolution for a healthier and happier 2017, register for the South Orange Health & Fitness Challenge. Contestants must be at least 18 years old to participate. This year's theme is the HUNDRED DAY CHALLENGE, beginning January 20th and ending on April 29th.

No competitive sporting events are involved. Contestants will devise their own fitness and wellness program. The Challenge will include an array of classes, programs and motivational activities and incentives to help participants reach their own personal fitness goals.

THERE ARE MORE WAYS TO WIN IN SOFIT 2017!

Prizes will be awarded this year for 3 different challenges:

- 1) **WEIGHT LOSS CHALLENGE** – This challenge is for the traditionalist with a weight loss goal in 2017. Weigh-ins are required and prizes will be awarded monthly and for the 100 Days of the challenge to the top male and female, based on the percentage of body weight lost.
- 2) **STEP CHALLENGE** – Using the Stridekick step-tracking app which is available for iOS and Android devices, prizes will be awarded for the most steps. Progress for participants will be tracked online with a live, up-to-date leader board. Prizes will be awarded monthly and for the 100 Days of the challenge to the top male and female steppers.
- 3) **FITNESS CHALLENGE** – SOFit participants will collect points for fitness activities and classes attended throughout the challenge. This prize will reward effort and enthusiasm and will only be awarded for the HUNDRED DAY CHALLENGE (not monthly) and to one individual, male or female.

Participants may choose to compete for prizes in any, all or none of the individual challenges.

All details regarding SOFit17, classes, programs, individual challenges and prizes will be provided to all participants before January 20th and will be posted on the SOFit website at: <http://www.southorangefitness.org/>

REGISTER BEGINNING DECEMBER 1ST at the Baird using the attached registration form and waiver or online at <https://apm.activecommunities.com/southorange> . The registration deadline is December 31st. Participation is limited to the first 150 registrants.

Registration Fee: \$35*

* South Orange residents with a current Recreation I.D. Badge receive a \$10 discount.



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THE SOUTH ORANGE HEALTH & FITNESS CHALLENGE REGISTRATION FORM/WAIVER



Participant Name: _____

Address: _____

Primary Phone #: _____ Date of Birth: _____ Sex: _____

E:mail Address: _____

T-Shirt size (circle one): S M L XL XXL

Please check the challenge/s you plan to participate in. There is no obligation. This is a "survey" for our planning purposes only. NOTE: You may participate in any, all or none of the challenges.

_____ Weight loss Challenge _____ Step Challenge _____ Fitness Challenge _____ None

Waiver of Liability and Hold Harmless: In consideration for being allowed to participate in a South Orange Recreation and Cultural Affairs program, I hereby, for myself, my child, my heirs, executors and administrators, agree to waive any claims, release and hold harmless the Village of South Orange, its officers, officials, employees, agents, and volunteers including class instructors, for any and all claims, injuries, damages, losses or suits, including all legal costs and attorney fees, arising out of or in connection with my participation in classes and activities with the Village of South Orange Department of Recreation and Cultural Affairs, now or in the future. I hereby agree to fully comply with the rules and regulations for participants, established by the Village of South Orange and I fully understand that I may sustain injury as a result of my participation in these activities.

PHOTO RELEASE: I hereby authorize and consent to the use of visual images by the South Orange Department of Recreation & Cultural Affairs for appropriate purposes, including but not limited to: still photography, videotape, electronic and print publications and web-sites. I give this consent with no claim for payment.

Signature: _____ Date: _____