

## Walk at Work Day (W@W)

*“Everyone Benefits...employees, students,  
schools and businesses”*

*Employer health care costs school  
absenteeism rates may decrease when  
people are physically active.*

**Walk at Work Day** offers your employees a chance to take part in a one day workplace fitness awareness event at NO cost. No special facilities, time off, fund-raising or sponsorship is required to participate.

You do not have to be at work to participate. All people are welcome to take part in **Walk at Work Day** either by themselves or in groups. The idea is to plan 30-minutes of walking or any physical activity, either inside or outside. Just get moving!

### **Take the first step... Commit to participate!**

- Register using the form on the other side of this brochure.
- Review the W@W Day Packet that you will receive upon registration.
- Encourage employees and students to walk on April 8<sup>th</sup> or any other day that week.

### **Award Participation Program**

Recognition awards will be given to organizations in three size categories and to the school with the highest percentage of participants.



### COUNTY OF BERGEN

Dennis McNerney, *County Executive*

Board of Chosen Freeholders

James M. Carroll, *Chairman*

Julie O'Brien, *Vice Chairwoman*

Elizabeth Calabrese

David L. Ganz

Bernadette P. McPherson

Tomas J. Padilla • Vernon C. Walton

#### FOR W@W INFORMATION CONTACT:

Michele Hart-Loughlin  
at 201-634-2692

E-mail: [mhartlo@co.bergen.nj.us](mailto:mhartlo@co.bergen.nj.us)

Fax: 201-986-1068

#### FOR MORE INFORMATION ON THE AMERICAN HEART ASSOCIATION

#### START! PROGRAM CONTACT:

Karen Winick at 973 569 3686

[Karen.Winick@heart.org](mailto:Karen.Winick@heart.org)

*The Bergen County Cancer Coalition  
is co-sponsoring Walk At Work Day with the  
Bergen County Department of Health Services.  
The Coalition is made possible by a grant from the  
New Jersey Department of Health & Senior  
Services' Office of Cancer Control and  
Prevention. The mission  
of the Bergen County Cancer Coalition is to  
implement the New Jersey Comprehensive  
Cancer Control Plan in Bergen County.*

*For more information on Comprehensive Cancer  
Control in New Jersey, please visit:  
[www.state.nj.gov/health/ccp](http://www.state.nj.gov/health/ccp)*

## Ninth Annual

# Walk At Work Day

No fees!

No  
fundraising!



## April 8, 2009

Sponsored by the  
**Bergen County Department  
Of Health Services**

in collaboration with the  
**American Heart Association**



**Walk At Work Day (W@W)  
Wednesday, April 8, 2009**

*Register by March 25th*



**E-mail:** [mhartlo@co.bergen.nj.us](mailto:mhartlo@co.bergen.nj.us)



**Fax:** (201) 986-1068

Att: Michele Hart-Loughlin



**Mail:**

Walk At Work Day  
BC Department of Health Services  
Office of Health Promotion  
327 E. Ridgewood Avenue  
Paramus, NJ 07652-4895

The Bergen County Department of Health Services is proud to collaborate with the American Heart Association on their National Start! Walking Day Wednesday, April 8<sup>th</sup>. The American Heart Association's Start! movement calls on all employees across the United States to wear sneakers to work on April 8<sup>th</sup> to get Americans to become more physically active by walking.



**REGISTRATION FORM**

Register by March 25<sup>th</sup> to receive a complete Walk at Work packet.  
Please submit one registration form per organization/school.

**Please Print Clearly**

<b>Organization/School:</b>	
<b>Contact Person:</b>	
<b>Street Address:</b>	
<b>City, State and Zip Code:</b>	
<b>Phone number:</b>	<b>Fax number:</b>
<b>Email address:</b>	
<b>Total number of employees:</b> _____	
<b>Total number of students:</b> _____	
<b>Total number of people expected to walk:</b> _____	

**BLOCK WHEN YOU WALK!!!**



Bergen County leads the state in skin cancer incidence and mortality.  
Remember to wear sun block any time you are exposed to the sun's harmful UV rays.