

Walk at Work Day (W@W)

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

*Employer health care costs and 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 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 May 19th 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

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FOR W@W INFORMATION CONTACT:

Michele Hart-Loughlin
at 201-634-2692
E-mail: mhartlo@co.bergen.nj.us
Fax: 201-986-1068

*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*

10th Annual

**Walk
At
Work
Day**

No fees!

**No
fundraising!**



May 19, 2010

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

WALK AT WORK DAY
(W@W)
Wednesday, May 19th, 2010

Register by May 12th



E-mail: mhartlo@co.bergen.nj.us



Fax: 201-986-1068

Attn: 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

BLOCK WHEN YOU WALK!!!



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

REGISTRATION FORM

Register by May 12th to receive a complete Walk at Work packet.
Please submit one registration form per organization/school.

PLEASE PRINT CLEARLY

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