



COUNTY OF BERGEN

COMMUNICATIONS OFFICE

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BERGEN COUNTY EXECUTIVE McNERNEY AND COMMUNITY HEALTH IMPROVEMENT PLAN ANNOUNCE FRIDAY FITNESS NIGHT FOR TEENS

(HACKENSACK) – Bergen County Executive Dennis McNerney, in partnership with the Bergen County Community Health Improvement Plan (CHIP), is happy to announce the first “FRIDAY FITNESS NIGHT” on June 15, 2007. At participating fitness clubs and facilities, Bergen County high school students can “Work Out While They Hang Out” for a \$10.00 fee.

“I encourage students to take advantage of this opportunity to have fun while developing a lifestyle that will promote good health throughout their life,” said McNerney. “Lack of physical activity was identified as a priority issue during the community health assessments conducted in the preparation of the Bergen County CHIP.”

Friday Fitness Night fee is open to all high school students in Bergen County. Participants must pay \$10.00, bring student identification with them, and have a signed parental consent form. Forms can be obtained from the facility or their school. Use of equipment, available classes and hours of operation are determined by the facility management.

Participating fitness clubs and facilities include:

- C.O.R.E., The Center of Fitness in Closter
- Feminine Fitness in Hackensack
- Gold’s Gym in Paramus
- JB’s Fitness Center in Lodi
- Odyssey Athletic Center in Waldwick
- Oxygen Fitness in Tenafly
- Parisi Sports Clubs USA in Fair Lawn
- Thrive Fitness in Edgewater
- TNT Fitness in Northvale

Friday Fitness Nights are being organized and promoted by the Nutrition and Physical Activity Task Force of the CHIP. The Bergen County CHIP is jointly sponsored by the Bergen County Department of Health Services, the Partnership for Community Health, Inc., and the Bergen County Public Health Partnership.

For more information about Friday Fitness Night, contact the listed facilities directly or Ellen Taner at 201-634-2698.

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