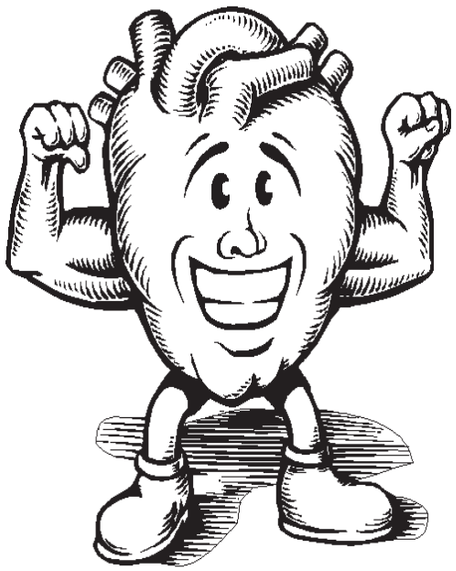
Ring in the New Year with a "heart-felt" commitment to optimize your health!

HEALTH JOURNEY 2008



Join us on a trip to:

HEART-FIT, CT

Jan. 14 - March 24, 2008

"Health Journey" in 2008 gives Philadelphians an opportunity to "travel" the world without leaving the city. Participants are challenged to take 10-week health & fitness "journeys", consisting of exercising, drinking water, eating healthy, enjoying cooking classes and health lectures all along the way.

Participants earn "Frequent Activity Miles" for their healthy choices during the "journeys" and they keep track of these "miles" in their personalized "journeys" passport. This same passport is used to access numerous classes weekly throughout the trip.

It is the goal of "***Health Journey"*** to place positive, healthy F.A.C.E.S. on all its initiatives by ensuring: >>>>>>

F ***FUN*** *- Provide fun activities that get the heart rate up, slim and tone the body, provide meaningful and relevant health information, and that challenge participants to adopt healthy behaviors*

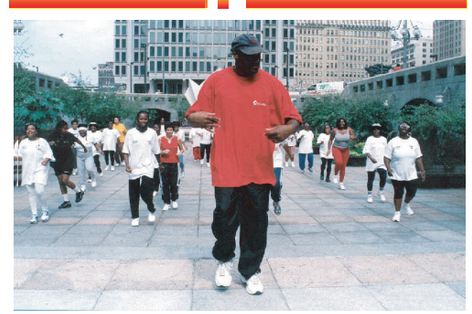
A ***ACCOUNTABILITY*** *- Provide a program structure that promotes accountability through a "buddy system", Lifestyle Coaches, and a passport that encourages journaling*

C ***CREDIBILITY*** *- Provide scientifically credible health, fitness and nutrition information through certified instructors in positive learning environments*

E ***EMPOWERMENT*** *- Provide skills to "travelers" through interactive, hands-on programming -- that's empowerment!*

S ***SUSTAINABLE SUPPORT*** *- Provide a structure that can be supported and sustained by effective collaboration*

The ***Health Journeys*** are produced by the Mayor's Office of Health & Fitness, in partnership with area gyms, organizations and churches.



Legal Release

I understand that the exercise activities included in this program will be held at various facilities throughout the City of Philadelphia. I also understand that many of these various facilities are not owned or operated by the City of Philadelphia. I hereby agree for myself and for my heirs, executors and administrators to release, waive and forever discharge The City of Philadelphia ("City"), its employees, officers, agents and representatives from any and all manner of claims, actions or causes of action, suits, claims, demands whatsoever, in law or in equity, which I may have against the City, its employees, officers, agents and representatives as a result of my presence and participation in the exercise activities at any of the various facilities. I am aware of the potential risks and hazards inherent upon or in these various facilities and I voluntarily elect to participate in exercise activities knowing that the condition of these facilities may be hazardous. I voluntarily assume all risks of loss, damage and all injuries (including personal injury, disability and death) that may be sustained while in, on, or about these facilities, whether said injury or damage may be due to the act, omission or negligence of the City, their representatives, or their respective employees, officers or agents or otherwise.

I understand that I must consult my personal physician and be advised that I am physically fit before participating in this program. I hereby represent that a medical practitioner has not advised me otherwise. I further acknowledge that I am utilizing my own personal time for participation in these activities.

Furthermore, I hereby grant full permission to any and all of the foregoing to use my name, my voice, and/or my picture in any broadcast, telecast, advertising, promotion or other account of this event for any purposes whatsoever.

I HAVE READ AND UNDERSTAND THIS RELEASE OF LIABILITY AND I HEREBY AFFIX MY SIGNATURE IN ACKNOWLEDGEMENT OF SUCH. IN WITNESS WHEREOF, I HAVE SET MY HAND HEREUNTO THIS RELEASE, this

Please Print Your Name _____ Signature _____ Date _____

HEART-FIT, Connecticut

January 14 - March 24, 2008

Health Journey 2008

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
	Curves Gym Access til 8PM:	Curves Gym Access til 8PM:	Curves Gym Access til 8PM:	Curves Gym Access til 8PM:	Curves Gym Access til 8PM:	Curves Gym Access
7:30AM	Fairmount	Columbus Blvd. Fairmount Oregon Ave.	Fairmount	Fairmount	Columbus Blvd. Fairmount Oregon Ave.	8AM-Noon Fairmount Chestnut Hill
9:00AM	Fitness Gym Access 9AM-Noon - **EPT**	Fitness Gym Access 9AM-Noon - **EPT**	Fitness Gym Access 9AM-Noon - **EPT**	Fitness Gym Access 9AM-Noon - **EPT**		
10:00AM	Open Gym Access 10AM-1PM - **BCFC**	Open Gym Access 10AM-1PM - **BCFC**	Open Gym Access 10AM-1PM - **BCFC**	Open Gym Access 10AM-1PM - **BCFC**	Open Gym Access 10AM-1PM - **BCFC**	
12:00PM	Walking Club - ***MSB1*** Ashtanga Yoga - ***TYL***		Walking Club - ***MSB1***		Walking Club - ***MSB1***	
12:15PM	Spinning - **BS**	Spinning - **BS**	Spinning - **BS**		Reaction Cycling - ***PSC1***	
12:30PM			Indoor Fitness - ***1101 MKT*** Aqua Conditioning - **12SG**		Pilates Mat - ***12SG***	
1:00PM					*Spin Bl... ***BS*** ...45)	
1:15PM						
1:30PM	**Indoor Walking - ***CH***	**Indoor Walking - ***CH***	**Indoor W...g - ***CH***	*...door Walking - ***CH***	**Indoor Walking - ***CH***	
3:00PM	Curves Gym Access til 8PM: Fairmount	Curves Gym Access til 8PM: Fairmount	Curves Gym Access til 8PM: Fairmount	Curves Gym Access til 8PM: Fairmount	Curves Gym Access til 7PM: Fairmount	
4:00PM		Fitness w/ Samuel - ***MSB4***		Fitness w/ Samuel - ***MSB4***		
4:30PM	Pilates with Ethel - **MSB3**	Tae-Bo with Marie- **MSB3**	Gosp...tomp Aerobics - ***MSB3***			
5:00PM						
5:15PM						
5:30P...	Ul...erobics - ***PSC2*** Pilates - ***MSB3***	Line Dance - ***MSB1*** BEST Workout - ***FS*** (call to reserve a spot at Fizek) Kickboxing IT - ***PSC2***	Total Body Condit. - ***PSC1***	Line Dance - ***MSB1*** Weight Train- **WFS**	Cardio KickBox- ***FS*** (call to reserve a spot)	
6:00...	...ooking Class - ***NPC***		Step Aerobics - ***BCFC***	Just Abs - **WFS**	Yoga - ***SIS*** Lap Swim - ***YMCA (all)***	
6:30PM	Boot Camp - ***EFF*** Aqua Marine- ***12SG***	Vinyasa Yoga - ***PSC1*** Salsa Dance Wkout- ***WFS***	Total Body Condit. - ***PSC1***	Salsa Dance Wkout- ***WFS***		
7:00PM			Core Toning - ***BCFC***			
7:15PM				Stretch and Stress Reduction - ***WFS***		
7:30PM	Club Yoga - **PSC3**					

Call (215) 686-2127 or check your e-mail for weekly updates.

The Mayor's Office of Health and Fitness MSB, 1401 JFK Boulevard, Suite 600 Philadelphia, PA 19102

"Health Journey" is produced by the Mayor's Office of Health & Fitness, City of Philadelphia, in partnership with 12th St. Gym, Body Challenge Fitness Ctr., Bonne Sante, Cecil B. Moore Rec. Ctr., Curves Gym, East Falls Fitness, Fizek Studio, Hawthorne, N.Phila SDA Church, Philadelphia Sports Club, Sisters in Shape, Watts Fitness Studio, Yoga Loft, and Philadelphia STEPS Last updated: Jan. 10, 2008

***NOTE:** Call Bonne Sante Gym at (215) 668-2713 for reservations. You **MUST** call to reserve your spot each and every time.*

***This class is self-guided.*

SAMPLE

CODES/LOCATIONS

12SG - 12TH STREET GYM
204 S. 12th St.
215-985-4092

BCFC- BODY CHALLENGE FITNESS
1600 W. Hunting Park Ave.
215-457-8418

CBMRC - CECIL B MOORE REC CTR
2551 N. 22nd St
267-808-8744
Ask for Hannah Wortham

CH - CITY HALL, 5TH Fl, Southwest

CV - CURVES
2333 Fairmount Avenue **(Fairmount)**
7333 Crittenden Street **(Chestnut Hill)**
Columbus Blvd. **(South Phila.)**
2115 Oregon Avenue **(South Phila.)**

EFF - EAST FALLS FITNESS
3751 Ridge Avenue
215-223-2311

EPT - EXCEL PHYSICAL THERAPY
1616 Walnut Street, Ste. 210
215-545-8717

FS - FIZEK STUDIO
845 N. Beechwood St.
215-668-5403

HRC - HAWTHORNE RECREATION CTR
12th and Carpenter Sts.
215-685-1848

MSB - MUNICIPAL SERVICES BLDG
15th & JFK - Concourse level west
15th & JFK - 16th Floor rooms X,Y,Z

NPC - N PHILADELPHIA CHURCH
16th & Oxford Streets

PSC - PHILA SPORTS CLUBS
1735 Market St. (215) 564-5353
2000 Hamilton Street (215) 568-9555
220-250 S 5th St. (215) 592-8900

SIS - SISTERS IN SHAPE
1325 Somerville Ave. YoNo Apts.
215-457-8663

TYL - THE YOGA LOFT
1611 Walnut , 4th Flr.
215-545-9642

WFS - WATTS FITNESS STUDIO
2712 N 5th Street, 2nd Fl
215-739-9027

YMCA
1400 N. Broad St (215) 235-6440
Ridge and Domino (215) 482-3900
1724 Christian St (215) 735-5800
5120 Chestnut St. (215) 476-2700

For more information on Health Journey, or to register for these classes, call (215) 686-2127, 28

HEART-FIT, CT
Jan. 14-Mar. 24, 2008

The non-refundable, non-transferable "Journey" fee is $25.00.
Cash or money order only.
No checks. For more information, call (215) 686-2127, 28 or visit www.phila.gov/fitandfun

Registration Form

To register, please send this form, completed with payment to:
Fund For Philadelphia, *1401 JFK Blvd., Suite 600, Philadelphia, PA 19102*

Cash or Money Order only. No Checks!!!

Name _____ **Company Name:** _____

Address _____ **City** _____ **State** _____ **Zip** _____

E-mail _____

Phone (daytime) _____ **(evening)** _____

How did you hear about Health Journey? _____