

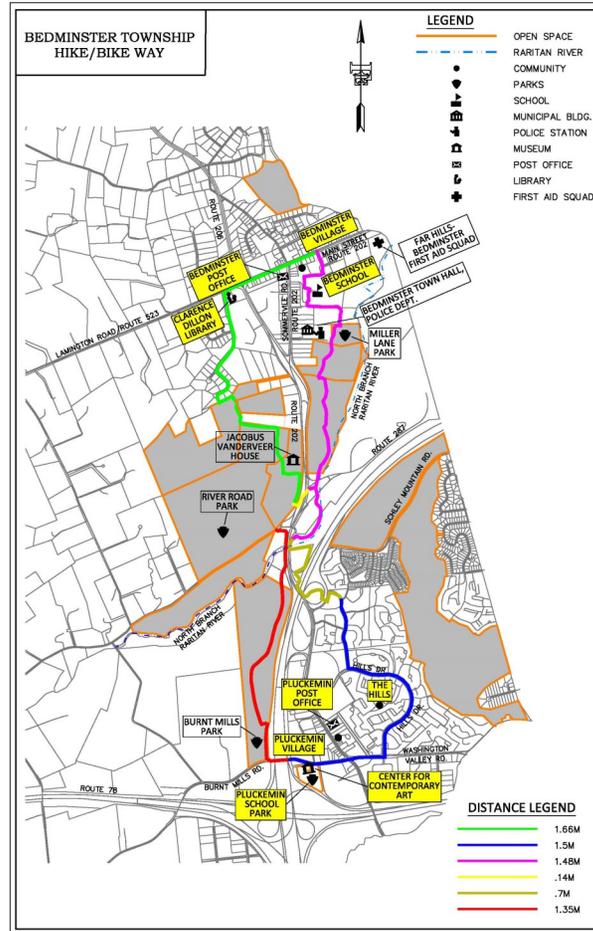
## How to get started . . .

1. Pre-register for this FREE community health program offered by Bedminster Recreation Department by visiting [www.bedminster.us](http://www.bedminster.us) or call (908) 212-7000, ext. 404.
2. Attend the FREE kick-off Program
3. Learn how to get fit by using the beautiful resources in your own community such as Bedminster Township's Hike & Bike Trail network.
4. Download a free app on your phone to track your steps and progress ([www.charitymiles.org](http://www.charitymiles.org))
5. Join our inaugural walk on Saturday, September 28th at 9 am at the Bedminster Township's River Road Park located on the corner of Route 202/206 and River Road (by the Farmers Market).

## YOUR ON YOUR WAY TO A HEALTHIER YOU!



## Bedminster Township Hike & Bike Trail



Bedminster Recreation Department  
 One Miller Lane  
 Bedminster, NJ 07921  
 (908) 212-7000, Ext. 404  
[www.bedminster.us](http://www.bedminster.us)

## FREE NO SWEAT FITNESS PROGRAM



Did you ever wish you could get fit without working up a sweat?

**LEARN HOW!**

## Kick-off Program

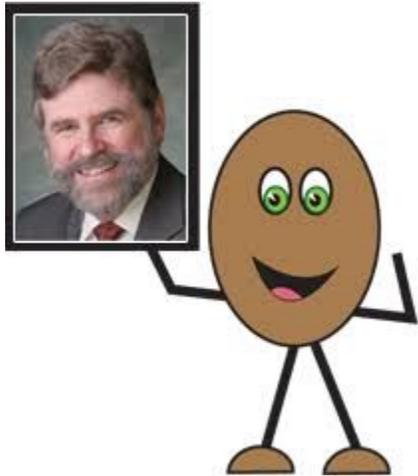
Wednesday, September 25 @ 7 pm  
 Bedminster Town Hall Meeting Room



Bedminster Recreation Department  
 One Miller Lane  
 Bedminster, NJ 07921  
 (908) 212-7000, Ext. 404  
[www.bedminster.us](http://www.bedminster.us)

# Get Fit - NO SWEAT Really!

Learn the incredibly easy way to get fit and stay fit from the Recovering Couch Potato Mike Schatzki



## Meet Mike Schatzki . . .

Nineteen years ago Mike took a fitness assessment test and was stunned to learn that he was classified as an “out of shape, middle-aged male”. He decided to get fit and then proceeded to make every mistake in the book. He overdid it, got injured, quit exercising, started again, overdid it again, got injured and quit again.

There had to be a better way! Mike began reading books on fitness and then scientific articles that lead to amassing 200+ research articles from prestigious medical journals.

The message was clear. To cut your illness and death rate by 50%, you need to get fit, but you don't need to sweat to get results. Academics are great at doing research, but not at communicating this powerful and motivating message to the public.



Mike deftly transforms scientific findings into a high-energy and entertaining program to help you jumpstart your own “No Sweat” fitness program. You will learn:

- How to get fit without exercising
- How moderate levels of fitness that anyone can achieve reduces your chances of dying of anything by at least 50%
- The real truth about weight, weight loss and fitness
- The energy key
- How to reduce your risk of dementia later in life by 50%
- How to assure lifetime mobility (Don't think that is a real issue? Think again!)
- How to overcome your own internal resistance to getting fit (a.k.a. I don't have time, etc.)

**WEDNESDAY, SEPTEMBER 25  
7pm - Bedminster Town Hall**

**A high-energy entertaining program  
to help you jump start your own  
“No Sweat” fitness program!**

Pre-Register at

[www.bedminster.us](http://www.bedminster.us) or

Call (908) 212-7000, Ext. 404

**That is what the No Sweat  
Couch Potato Recovery Program  
is all about!**