Know Your Numbers
New Jersey Mayors Wellness Campaign

CHATHAMS MAYORS
HEALTHY LIFESTYLE CHALLENGE

SIGN UP IS ONGOING. ALL ARE WELCOME!

Where: Chatham Borough Farmers’ Market
Mayors Wellness Campaign Committee Booth or http://www.chathamborough.org/mayor_wellness.php

The Chatham Borough Mayors Wellness Committee is challenging our citizens to “Know Your Numbers.” Take the challenge to reduce your critical health indicators including:
- Resting Heart Rate
- BMI
- Blood pressure
- Waist Circumference
- Cholesterol

Get Your Own “Know Your Numbers Tool Kit”
- Pledge to a Healthier Lifestyle
- Report card to track your progress
- Descriptions of Critical Health Indicator Numbers
- Resources to help you achieve your goal
- Mayor’s Wellness Campaign Booth Calendar of Events

All participants are winners; the best reward is good health!