



# Step by Step To A Healthier Milford!



6 Week Walking Program  
September 24 – November 5, 2011

The Health & Wellness Council of the Milford Chamber of Commerce, Inc. encourages you to take part in "Step by Step to a Healthier Milford". The basic goal for each participant is to increase the number of steps they take each day during this 6 week period. Each participant wears a pedometer (provided in the participant kit for the first 150 registrants) and track the number of steps they take each day. The ultimate goal is to achieve 10,000 steps per day. For these people adding steps has many health benefits. It burns calories, strengthens back muscles, slims your waist, is easy on your joints, and can be done almost anywhere! Make your company healthy!



**Walk Kickoff - Saturday, September 24<sup>th</sup>**, Walnut Beach Pavilion - 10:00 AM - Noon (Rain or Shine)  
Fun! Goodies! And best of all... We'll all be "taking some steps"!



**Register now! Be a part of something healthy!**  
**If your company becomes a sponsor, you can participate for free. Call the Chamber for details 203-878-0681**

Complete the information below and mail \$10 registration fee **by September 16** to:  
Milford Chamber of Commerce, Inc., 5 Broad Street, Milford CT 06460

Name \_\_\_\_\_  
Name of Company / Team \_\_\_\_\_  
Address \_\_\_\_\_  
City,State,Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Phone \_\_\_\_\_

### Thanks to our sponsors!

Platinum Sponsor:



Silver Sponsor:



Council Sponsors: American Medical Response, Inc. \* Anthem Blue Cross Blue Shield \*

Balanced Bodies Massage & Alternative Care \* CareSource, Inc. \* C.O.R.E. Chiropractic & Rehabilitation \*

Euro Home Care LLC \* Eva Mackin Wellness \* Family Chiropractic - Dr. Victoria Rothenhausen \*

Healing Hypnosis, LLC. \* Isagenix International Health & Wellness \* LGN Consulting \* PrisCo Consulting \*

Shoreline Physical Therapy \* SUBWAY World HQ \* Summers Health Counseling \* Woodruff Family YMCA



**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY, AND  
PARENTAL CONSENT AGREEMENT ("AGREEMENT")**

In consideration of being allowed to participate in the **Step by Step Program**, I hereby represent that I understand the nature of the **Step by Step Program** and that I am, or my minor child is, in good health and proper physical condition and that my minor child is of sufficient age and discretion to take part in this event. Either I or my minor child will be solely responsible for determining whether event conditions are safe for participation and for discontinuing participation, if the conditions are believed to be unsafe.

I fully understand that the **Step by Step Program** may involve risks, foreseen and unforeseen, of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my actions or those of my minor child, the actions or negligence of others participating in the event, or the conditions at the time of the event. I fully accept and assume all such risks and responsibility for losses, costs, and damages I or my minor child may incur as a result of participation in this event.

I hereby release and discharge and covenant not to sue **Milford Chamber of Commerce, Inc.**, or its agents, volunteers, or officers, any sponsors or advertisers, (hereinafter the "Releases") from all liability, claims, demands, losses or damages on my account or that of my minor child caused or alleged to be caused in whole or in part by the negligence of the Releases or otherwise, including negligent rescue operations; and I further agree that

If, despite this agreement, anyone on my or my minor child's behalf, makes a claim against any of the Releases, I will indemnify, save and hold harmless each of the Releases from any loss, liability, damage, or cost which may incurred as the result of such claim.

I have read this Release and Waiver of Liability, Assumption of Risk and Parental Consent Agreement, I understand all of its terms and that I have given up certain rights by signing it. I have signed it of my own free will, without any inducement by any other party and intend it be a complete and unconditional release to the extent allowed by law. If any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

By registering for this event, you are agreeing to allow **Milford Chamber of Commerce, Inc.** use of all event-related photography and video for marketing needs.

Name (Please print) \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

Address \_\_\_\_\_

Minor's Name (If applicable) \_\_\_\_\_

Signature consent for minor \_\_\_\_\_