



CITY OF JERSEY CITY

STEVEN M. FULOP, MAYOR

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Mayor Fulop Pledges to Create A Healthier Jersey City by becoming a Let's Move City & Signing on to the Mayor's Wellness Campaign

JERSEY CITY – **Mayor Steven M. Fulop** today not only declared Jersey City a new **Let's Move City**, but also signed on to the **Mayors Wellness Campaign** and signed the campaign's pledge to help Jersey City residents lead healthier lives and to reduce illnesses associated with obesity. Jersey City is now also a Let's Move City, which sets five actionable goals for reducing and reversing childhood obesity rates.

"Health and fitness is something I am passionate about," said **Mayor Fulop**, an avid runner and triathlete. "Getting our youth and adults active and eating healthier is something we have pledged to do through both our Health Department and our Recreation Department. In addition to the Mayor Wellness Campaign and Let's Move, we are also looking to partner with the Board of Education on health and wellness initiatives."

The Mayors Wellness Campaign is an initiative of the **New Jersey Health Care Quality Institute** and a partner of the **League of Municipalities**. The mission of the Mayors Wellness Campaign is to equip mayors and other key leaders with the tools to develop and implement active-living initiatives in their communities with the ultimate goal of improving health, as well as reducing the health care costs associated with obesity.

Currently, more than half of the New Jersey's 566 municipalities are participating in the campaign and are working aggressively to decrease obesity rates and increase the overall health of their communities.

Mayor Fulop said he would send a resolution to the City Council for their next meeting sponsoring Jersey City's participation in the Mayors Wellness Campaign.

A kick-off to the Wellness Campaign is the City's newly launched "**Boot Camp**" program being offered twice a week at **The Bethune Center, 140 Martin Luther King, Jr. Drive**. The class, which meets every **Tuesday and Thursday at 6 A.M.** offers residents the opportunity to work out with a trainer and get in shape. The boot camp class is also offered weekly at the Pershing Field Community Center on at 7 P.M. on Thursdays.

The Boot Camp program is set to kick off **Thursday, September 19th, 2013**.

All media inquiries should be directed to Jennifer Morrill, Press Secretary for the City of Jersey City, at 201-547-4836 or 201-376-0699.//////

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