

Westlake

Health Talk



W Weight Loss—the ultimate goal


E Exercise/ increase physical activity

I Information and tools to help you

G Goals are set to keep you on track

H Healthy Lifestyle—what we all want

S **START TODAY**



Dr. Michael Roizen
Wednesday Feb. 17, 7:00pm
 Performing Arts Center
 Westlake High School
 27830 Hilliard Blvd
 Westlake, Ohio 44145

Dr Roizen is an anesthesiologist and internist, an award-winning author and the chief wellness officer at the Cleveland Clinic.

He became famous for developing the Real Age concept and has authored or coauthored five number one New York Times best sellers, including Real Age and four in the YOU series—those with Dr. Mehmet Oz.

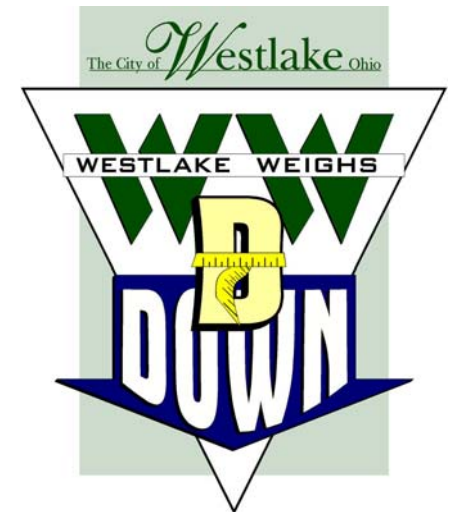
He completed a tour of duty in the public health service and has 165 peer reviewed publications , 10 medical chapters, 14 US patents, started six companies, served on FDA advisory committees for 16 years, and chaired a U.S. Food and Drug Administration advisory committee.

He also co-invented a drug, Methylnaltrexone (MTNX, trade name Relistor), and took it through phase 2 trials. In May 2008 Methylnaltrexone received FDA approval for marketing in the United States.

He has been praised for encouraging Americans to exercise and live healthier lives.

Down

Westlake Weighs Down



A Community Weight Loss Challenge!

Program Overview

- The program runs from February 1—May 2, 2010
- Open to all Westlake residents ages 18 & over.
- Based on a percentage of total weight loss.
- 3 mandatory weigh-ins held at the Westlake Recreation Center. *(weigh in at the start, middle & end of the program)*
- \$10 registration fee, includes a Weighs Down T-shirt
- Awards given to the top 3 male & female losers. 1st place male & female will receive a 1 year adult individual Westlake Recreation Center membership.
- Talks from various area health organizations, health and nutrition tips, recipes, group exercise classes, exercise charts, information table and more.
- Program will conclude with an awards presentation.

Mayor's Message

Mayor Dennis M. Clough has issued a friendly health challenge to the residents and corporations of Westlake with the program “Westlake Weighs Down”.

“Our goal in establishing this initiative is to motivate you and create an atmosphere that promotes a balanced lifestyle change. Daily exercise and intelligent nutrition decisions will lead to a healthier, happier you,” said Mayor Dennis Clough.

Sponsored by the City of Westlake, Cleveland Clinic, St John West Shore Hospital and Crocker Park.

For participants with medical conditions, extenuating circumstances, or other considerations that may affect the persons health during exercise, it is recommended that they check with a qualified medical professional before participating.



For more information, please contact Bob DeMinico, Manager of the Westlake Recreation Center at 440-808-5699

Registration Form

Fill out the following form and return to the Westlake Recreation Center

Name _____

Address _____

City _____ St _____ Zip _____

Phone _____

E-Mail* _____

(required- all communications will be by e-mail)*

Shirt Size S M L XL
 XXL XXXL

\$10 fee paid by Cash Check
(Make checks payable to City of Westlake)

Credit card MC Discover
 Visa American Express

Number _____

Exp date _____

Signature

Waiver and Release: In consideration of the City of Westlake granting me the permission to engage in the recreational activities with the Westlake Recreation Department, the undersigned does hereby waive, release, save and hold harmless and indemnify the City of Westlake, its employees, agents, and independent contractors for any and all claims for damage or personal injury to me or loss of property which may be caused by any act or failure to act on the part of the City of Westlake, its employees, agents and independent contractors. The undersigned further assumes the risk of all dangerous conditions in and about the City of Westlake Recreation Department property both real and personal and waive any and all specific notice of the existence of such dangerous conditions, if any. Registrants and participants of programs and special events permit the taking of photos and videos of themselves and their children during the Department activities for publication in the program brochure, website, and additional uses as the Department deems necessary. Furthermore, the release bars claims by the undersigned children, heirs, assigns, executors and administrators.