

Application to participate in:  
**SHAPING UP MONROE COUNTY 2010**

6 people will be chosen to receive 5 months of free Jazzercise classes and will work with a weight loss and nutrition coaches and mentors. Incentive gifts will be given to those that complete the program. Again – **all free to the 6 chosen!**

(This is open to anyone who has not recently been exercising or has struggled to achieve long lasting weight loss)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Telephone Numbers: (day) \_\_\_\_\_

(evening) \_\_\_\_\_

Current weight: \_\_\_\_\_ Height: \_\_\_\_\_ Age: \_\_\_\_\_ (must be 18 yrs old)

Male or Female: \_\_\_\_\_ Ethnic background \_\_\_\_\_

(This information is requested to ensure Shape Up MC adequately reflects diversity in our community)

**Please Print  
Thanks!**

**On the back of this sheet, please write a paragraph explaining why you would like to participate in the SHAPING UP MONROE COUNTY program (limit 75 words).**

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Are you willing to allow publication of your results on BloomingtonOnline.net and other possible media sources during the SHAPING UP MONROE COUNTY program? \_\_\_\_\_ (Please note that your weight will not be published - this program will be kept very positive!)

**Do you agree to the terms of the program listed below:** \_\_\_\_\_

- Attend an average of 3 Jazzercise classes a week (65+ classes/week available).
- Attend weekly group sessions to address weight loss and health issues – or be able to check-in weekly by phone or online
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Signature of Applicant: \_\_\_\_\_

**Mail applications to: Shape Up Monroe County  
Attn: Kris Heeter**

**Applications due July 24**  
Program Starts August 2010  
Questions? Call 876-2158

**P.O. Box 1654  
Bloomington, IN 47402** or drop off at any Jazzercise Fitness Center

*\* applicants will be notified by July 28<sup>th</sup> on who was chosen*