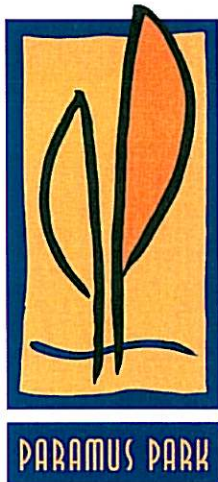


*Take Charge of Your Health Today!*

*Join the  
Paramus Park  
Walk for Health Club*

*Sponsored By:*



GOOD SAMARITAN HOSPITAL  
Bon Secours Charity Health System  
*Guided by medicine. Inspired by compassion.*



Make new friends and enjoy  
healthful walking in a park-like,  
climate controlled atmosphere that only  
Paramus Park can provide!

Special Mallwalker Hours:  
8am - 10am, Monday - Saturday

Monthly meetings are held on the 4th Wednesday  
of the month at 8:30am in the Food Court.

**\*FREE Membership! Sign up at Guest Services.\***  
**\*You must be a registered member to walk in the mall.\***

## ***Paramus Park Walk for Health Club***

1. Walkers can only enter the center at 8:00 AM Monday thru Saturday.
2. Walkers must have their badges visible at all times while they are in the center.
3. All coats, jackets and outerwear must be left at the coat rack located at Guest Services and cannot be left anywhere else in the center.
4. Please keep in mind that the mall is private property and entry or tampering to any of the stores, carts or kiosks is in direct violation of our code of conduct and will be strictly enforced by Security.

### **These activities are prohibited:**

1. Use of loud, obscene or offensive language or gestures.
2. Entry without shoes or shirt.
3. The wearing of clothing expressing an obscene or offensive message.
4. The wearing of clothing that does not cover or conceal one's body to prevent indecent exposure, nudity or the illusion of nudity
5. Loitering, standing or walking in a manner which interferes or is likely to interfere with others.
6. Running, shouting, horseplay, throwing any type of object, littering, disorderly or disruptive conduct of any nature.
7. Use of any property in an improper or unsafe manner.
8. Illegal possession and/or consumption of alcoholic beverages.
9. The playing of music/messages, musical instruments, or singing in a disruptive manner.
10. Photography (except for recreational purposes) videography, performances, or other entertainment not approved by the Property Management.
11. Smoking (inside)
12. Use of skateboards, roller-skates, roller-blades, scooters and the like. Bicycles (inside)
13. Solicitation or leafleting without pre-approval of Property Management.
14. Animals walking or carrying except as permitted by law or pre-approved by Property Management.
15. Possession of a weapon, even if legally carried, except by law enforcement officers.
16. Any act defined by Federal, State or Local law constituting a criminal offense.

**A violation of these rules may result in expulsion from the property or other legal action as Property Management deems appropriate.**



## MALL WALKING PROGRAM WAIVER

**Mall Name:** Paramus Park Mall (the "Mall")

**Name:** \_\_\_\_\_  
(last) (first) (initial)

**Street Address:** \_\_\_\_\_  
(number/street)

\_\_\_\_\_  
(City) (State) (Zip)

**Phone #:** \_\_\_\_\_

**In case of emergency –Notify:**

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

**Phone #:** \_\_\_\_\_

I recognize the risks of illness and injury inherent in any exercise program and the risk in participating in the Mall Walking Program due to the fact that such a program will be conducted during non-mall hours at which time cleaning, construction and other activities may be conducted by Mall management, tenants or contractors.

I understand that the property may not have sufficient security, lighting, and other amenities generally found in shopping centers/malls during mall business hours and nevertheless agree to participate and assume all risk attendant thereto.

I am participating in the Mall Walking Program upon the express agreement and understanding that I hereby release and forever discharge the Mall, its owner, and managing agent, if any, their officers, directors, agents, employees, shareholders, and assigns (collectively, the "Released Parties") from any and all claims, demands, causes of actions, suits, damages costs and expenses for any and all personal injuries, loss of time, pain and suffering or property damage arising out of my participation in the Mall Walkers Program or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the released parties from and against any and all such claims.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date