



Saturday & Sunday May 14 & 15, 2016

MetLife Stadium
1 MetLife Stadium Drive
East Rutherford, NJ 07073

EVENT DETAILS

The 4th Annual NBC 4 New York & Telemundo 47 Health & Fitness Expo presented by Quest Diagnostics™ is a one-of-a-kind, family-friendly health and fitness weekend event held at MetLife Stadium. This free, non-ticketed event is open to the general public. The event is aimed at motivating people to engage in a healthy lifestyle with their community. Visitors to the NBC 4 New York & Telemundo47 Health & Fitness Expo will have the opportunity to walk on the field, tour the locker rooms and meet NY Giants players, and NBC 4 New York and Telemundo 47 talent. Hosted by NBC 4 New York's Bruce Beck and NY Giants Rashad Jennings and Steve Weatherford, the experience will also include fitness classes programmed across five stages through the stadium, as well as free health screenings provided by Quest Diagnostics™.

Event Highlights:

SATURDAY, MAY 14TH

10:00 am Opening Ceremony/Ribbon Cutting
4:00 pm Health & Fitness Expo concludes

SUNDAY, MAY 15TH

9:00 am Zen In The Zone Yoga Event
10:00 am Gates open to Health & Fitness Expo
4:00 pm Health & Fitness Expo concludes

Attendance: Over 40,000 people **Exhibitors:** Over 100 vendors and non-profits **FREE admission and free parking**

All attendees are required to sign waivers. Please print, sign and bring the waiver to the Expo!

Expo information online: <http://www.nbcnewyork.com/expo>

Let us know you're coming to the Expo on Facebook! <https://www.facebook.com/events/467849906740557/>

And to our Giant Yoga Event, Zen in the Zone on Facebook! <https://www.facebook.com/events/1097127503641826/>

EXPO HIGHLIGHTS

- **Free health screenings** from Quest Diagnostics™ – get free blood tests in the Commissioner's Club
- **Fitness activities** at fully programmed stages, including:
 - **Main Stage** – Speakers including the NY Giant Steve Weatherford, Olivia Ward and Nicole Brewer Gurganious from the *Biggest Loser*, and fitness workouts from HackensackUMC Fitness & Wellness Powered by the Giants and others.
 - **Stage of Champions** – Meet medal-winning Olympians and try Olympic sports
 - **ZenZone** – Yoga, Pilates, Meditation and more!
 - **Family Fun Zone** – Workouts geared for kids and their families
- **Meet & Greets** – Get autographs from your favorite NY Giants players, NBC 4 New York and Telemundo 47 Talent
- **Healthy Cooking Demos** – Celebrity Chefs from *Top Chef* and *NY Live* cook up their favorite healthy recipes
- **Giants Experience** sponsored by Verizon FIOS – Play on the real field where the Giants games take place. Kick a field goal and catch a touchdown pass!
- **Champions Village** – In celebration of the upcoming 2016 Summer Olympics in Rio, you can try Olympic sports right on the field! Coverage begins August 5th.
- Stand in front of our weather green screen and see if you have what it takes to be a meteorologist at the **NBC 4 NY and Telemundo 47 Weather Center**
- Meet **George Oliphant** and check out his truck from **George to the Rescue** in the Chevyoffers.com and 3M booth
- **Zipline**, sponsored by Pocono Mountains Visitors Bureau. Take in the view from high above the field!
- Exercise your lungs at Lungevity's **Rock Wall** right on the field!
- **Zen in the Zone** sponsored by HackensackUMC Fitness & Wellness Powered by the Giants – join a thousand fellow yogis on the field at MetLife stadium for this MegaYoga event at 9am on Sunday, June 27th. The first 500 yogis to arrive will get a free yoga bag filled with goodies!
- Plus, see the **Pocono Raceway Pace Car**, take the **Fitness Age Challenge** and sit in **The Voice Chair**

MASS TRANSPORTATION

Mass transportation directions: Take the bus from Port Authority in NYC or Secaucus Junction in NJ

The **351 Meadowlands Express** (COACH USA) will run hourly on Saturday and Sunday from Port Authority Bus Terminal to MetLife Stadium. Departures start at 9 a.m. and end at 4 p.m. The fare is \$6. NJ Transit will operate the **353 Shuttle Bus** from Secaucus rail station from 10am-4pm. The shuttle is free for anyone with a purchase NJT Rail ticket to the Meadowlands.



PARTICIPATION AGREEMENT, WAIVER AND RELEASE OF LIABILITY

THIS IS AN IMPORTANT LEGAL DOCUMENT. PLEASE READ CAREFULLY.

AGREEMENT AND WAIVER/RELEASE FROM LIABILITY

THIS AGREEMENT AND WAIVER/RELEASE FROM LIABILITY ("Agreement and Release") is by the party signing below (herein referred to as the "Releasor") and is given to the National Football League ("NFL"), its member professional teams and clubs including but not limited to the New York Football Giants, Inc. ("New York Giants"), NFL Properties, LLC, NFL Ventures, L.P., and the owners and operators of the facilities in which the Event described below is being held, including without limitation Giants Training Facility LLC, New Meadowlands Stadium Company LLC, Quest Diagnostics Training Center, Giants Stadium LLC, the New Jersey Sports and Exposition Authority, NBCUniversal Media, LLC, Network Events, Inc., Quest Diagnostics, Inc., Field General Event Planning, LLC, TradeShow Entertainment, Red Bull New York Academy Inc., Red Bull New York Inc., Hackensack University Medical Center, Hackensack Fitness and Wellness, CKO Kickboxing, Meadowlands Gymnastics Academy, GSK, Verizon, Pocono Mountains Visitors Bureau, Pocono Raceway, LUNgevity Foundation, Garden Empire Volleyball Association, and their subsidiaries, affiliates, divisions, and their officers, agents, board members, employees, staff, sponsors, promoters, vendors, agents, legal representatives, administrators, assigns, heirs, executors, (collectively as "Releasees").

- 1. Release:** For good and valuable consideration and in return for being permitted to participate in the Event, Releasor consents for himself/herself, his/her spouse, legal representatives, heirs, assigns and subrogors, not to sue, and agrees to release, waive and forever discharge Releasees from any and all liability for any and all losses and damages of any type or kind, and from any and all claims, suits, demands, actions or rights of actions, of whatever kind, either in law or equity, arising from or by reason of death, personal injury known or unknown, or property damage resulting from any incident which may occur during Releasor's travel to or from the Event, presence at the Event and/or participation in any official or unofficial activity, event or competition whether caused in whole or in part by the Releasees or any other person or thing at the Event. Releasor understands and acknowledges that participation in the Event may involve certain risks, including but not limited to, serious injury or death. Releasor understands and agrees that Releasees are not responsible for any injury or property damage arising out of the Event, even if caused by their ordinary negligence. Releasor acknowledges that some of the activities, events or competitions at the Event may require physical exertion and fitness and represents and warrants that, prior to participating in any such activity, event or competition, (a) Releasor understands the activity, event or competition being offered, (b) Releasor regularly participates in activities that require a similar degree of physical exertion and (c) Releasor is physically fit and capable of participating in such activity, event or competition. Releasor agrees to fully indemnify, defend and hold Releasees harmless for all Releasor's actions or omissions in connection with the Event. Releasor assumes full responsibility for the risk of bodily injury, death or property damage due to their attendance and/or participation. Releasor fully and completely releases the Releasees of and from all liability to Releasor and to anyone or any entity claiming by, through or under Releasor, by subrogation or otherwise, it being Releasor's intent to fully waive and release all subrogation rights. There is no limit to these indemnities.
- 2. Event:** WNBC/Telemundo47 Quest Diagnostics Health & Fitness Expo 2016 Event
- 3. Marketing and Promotion Rights:** Releasor grants to Releasees as "Publishers" and those for whom the Releasees are acting and those acting with the Releasees' authority and permission, (collectively as "Publisher's Affiliates") including, without limitation, advertising, promotion and production agencies, and their respective transferees and assigns, the absolute right and permission to make, reproduce, broadcast or otherwise use Releasor's name and likeness, any photograph, films, videos, recordings, or other depictions or images in whatever form or media of Releasor in connection with Event and/or other information or materials provided by Releasor in connection with this Event throughout the universe and in any and all advertising and promotion materials, in any manner or media whatsoever for purposes of art, advertising, editorial, trade or promotion or any other purpose whatsoever. The rights herein granted to Publisher and Publisher's Affiliates shall also accrue to those that may hereafter acquire these rights from them. It is acknowledged and agreed that Releasor shall have no right of approval, and no claim to any compensation or a claim arising out of the use, alteration or distortion of Releasor's name, photograph, likeness or other information or materials provided.
- 4. Guardian's Permission and Release for Minor Who Seeks to Participate in Event:** Where Releasor is signing this Agreement and Release on behalf of a minor (whether or not such minor is Releasor's child), Releasor understands and acknowledges that the child's attendance of the Event and/or participation in this instructional and/or recreational Event is by Releasor's own choice and, to the extent available by law, agrees to absolve and hold harmless the Releasees from any and all claims, damages, liabilities, demands and expenses arising from the child's attendance and/or participation. Releasor shall supervise the child at all times during the Event and assumes full responsibility for any risk occurring from the child's attendance and/or participation. Releasor understands that his/her attendance of and/or participation in this Event constitutes Releasor's acceptance of the risks inherent in such activities including bodily injury, death, property damage, and any other risks, and agrees not sue the New York Giants or other Releasees involved in the Event. Releasor also waives any derivative claims that relate to or arise out of the child's attendance of and/or participation in the Event and agrees to absolve and hold harmless the Releasees from any and all derivative claims, damages, liabilities, demands and expenses arising from the child's attendance of and/or participation in any Event that Releasor may otherwise assert. Releasor asserts that Releasor is of Legal age to enter into this Agreement and Release. Furthermore, Releasor gives permission to use the child's name and likeness for any promotional use.
- 5. Choice of Law and Venue:** Releasor and Releasees agree that the validity, performance, and construction of this Agreement and Release will be governed and interpreted in accordance with the laws of the State of New Jersey, without giving effect to conflict of law principles. Any controversy or claim

arising from or relating to this Agreement and Release will be settled in accordance with the express terms of this Agreement and Release by a court located in the State of New Jersey (and each party hereto waives any right to object to venue in this regard).

6. **Severability:** If any portion of this Agreement and Release, or application thereof to any person or circumstance, is held legally invalid, the remainder will not be affected and will be valid and enforced to the fullest extent permitted by law and equity, and there will be deemed substituted for the invalid provisions such provisions as will most nearly carry out the mutual intent of the parties, Releasor and Releasees, as expressed in this Agreement to the fullest extent permitted by applicable Law.

RELEASOR HAS CAREFULLY READ THIS AGREEMENT AND RELEASE AND UNDERSTANDS ALL OF ITS TERMS. RELEASOR EXECUTES THE SAME VOLUNTARILY AND WITH FULL KNOWLEDGE OF ITS CONTENT AND SIGNIFICANCE INCLUDING THAT BY SIGNING IT RELEASOR GIVES UP MANY LEGAL RIGHTS THAT MAY OTHERWISE BE AVAILABLE. RELEASOR AGREES THAT THIS CONSTITUTES THE ENTIRE AGREEMENT BETWEEN RELEASOR AND RELEASEES WITH REGARD TO ITS TERMS AND SHALL CONTINUE IN FULL FORCE AND BE APPLICABLE TO ANY AND ALL ACTIVITIES RELEASOR ATTENDS AND PARTICIPATES IN WHILE AT THE EVENT.

7. **Participation:** Releasor acknowledges that his or her attendance and/or participation in the Event is subject at all times to any and all rules and regulations of the Event as established by Event Sponsors or by the New York Giants for the Facility. Releasor agrees not to take any personal photographs, videos, or other recordings while at the Event unless expressly permitted by the New York Giants or the Event Sponsors. Any copyrightable property or other work created at the Event by the Releasor shall be owned by the Event Sponsors, and you hereby irrevocably assign, transfer and convey to the Event Sponsors all worldwide intellectual property rights in and to such photographs or videos, and waive all moral rights therein.

IN WITNESS WHEREOF, RELEASOR HAS EXECUTED THIS RELEASE ON THE DATE SET FORTH BELOW

RELEASOR'S SIGNATURE

DATE

PRINT RELEASOR'S NAME

RELEASOR'S ADDRESS:

TELEPHONE: _____

EMAIL: _____

IF THE RELEASOR IS SIGNING FOR A MINOR, PRINT MINOR'S NAME AND AGE (UP TO FOUR MINORS):

Minor Name #1: _____

Minor Name #2: _____

Age: _____

Age: _____

Minor Name #3: _____

Minor Name #4: _____

Age: _____

Age: _____