

# Welcome to Step Up Forsyth!

This is the eighth year of Step Up Forsyth! This year's program will run Sunday, September 18 through Saturday, November 12. The goal of Step Up Forsyth! is to increase the number of people in our community that live physically active lifestyles. During this 8-week program we hope to collectively log over 1.5 million minutes of physical activity time with over 100 teams and 1,500 participants.



We ask that you commit to being active at least 5 times/week for a minimum of 30 minutes. If this goal is too ambitious —start with what is comfortable to you and ask your doctor or health care provider for guidance. It is okay to break your activity down into smaller segments (three 10-minute segments or two 15-minute segments). Do what works best for you!

## **What you need to know:**

**Forms and program information:** you can find forms, activity logs, prize lists and complete program information at <http://www.forsyth.cc>  
Look for Step Up Forsyth! under County News

**Prizes:** A Nintendo Wii console with Wii Fit and more! Click [here](#) for a complete listing of prizes.

**Social media (NEW!):** you can follow us on Twitter [www.Twitter.com/StepUpForsyth](http://www.Twitter.com/StepUpForsyth) or like us on Facebook [www.Facebook.com/StepUpForsyth](http://www.Facebook.com/StepUpForsyth)

**Weekly challenges (NEW!):** Beginning in Week 2, Step Up Forsyth! will offer specific nutrition or physical activity weekly challenges to help keep participants motivated. Challenge sheets will be attached to the weekly email and available at [www.forsyth.cc](http://www.forsyth.cc) and linked to our Facebook page. There will be special prizes for the weekly challenges (click [here](#) to see the prize list).

**Weekly emails:** In addition to this introductory email, weekly emails will be sent to all participants during the 8-week program. This year's Step Up Forsyth! emails will feature local parks, greenways, and recreational facilities. Emails will be sent every **Thursday** for the upcoming week. Step Up Forsyth! weeks run Sunday-Saturday,

**Activity logs:** Please make every effort to turn activity logs in by November 18.

Step Up Forsyth! is sponsored by the Behealthy Coalition of the Forsyth County Department of Public Health. The vision of Behealthy is to coordinate health promotion efforts across community-based organizations that work together to improve the health and wellness of Forsyth County residents.

For more information call 336-703-3175 or email us at [stepupforsyth.forsyth.cc](mailto:stepupforsyth.forsyth.cc)