



Step Up Forsyth! Week 8

November 6 - November 12

Final
Week

Weekly challenge— Choose beverages under 25 calories
(milk and milk alternatives excluded)

Muddy Creek Greenway— On a nice day, this greenway is humming with activity! People of all ages take advantage of this beautiful 2.9 miles of paved greenway to walk, bike, run or roller blade. This trail is also used for transportation by children and their families going to and from three area schools.

Located in the Western part of the County, Muddy Creek Greenway currently runs from Country Club Road to Robinhood Road (just past Jefferson Elementary). There is a parking lot off Meadlowlark Drive (just South of Meadlowlark schools) to access the greenway. It is handicap accessible.

This greenway will soon connect to neighborhoods at Lantern Ridge and Cedar Trails. Currently being done in phases, the next phase will extend to Yadkinville Road. Many years down the road this trail will run from Reynolda Road/Bethania to the North to Salem Creek to the South.



Hanes Park — This is a park that is used inside and out! In addition to the park itself, many walkers and runners use the sidewalk around the park to exercise.

Hanes Park is centrally-located on 35 acres and is used by school teams, athletic leagues, families, youth, and seniors that enjoy individual or team activities! Hanes Park has lighted tennis courts, a new playground, 1/4 mile track, soccer and softball fields, fitness trail, restrooms and a volleyball court. It's no wonder this park is a favorite among people of all ages.



With middle and high schools using park ball fields, this park is lively and full of activity. The Central YMCA is across the street from the park— which gives Y members an alternative to indoor exercise. For shelter and other fees, go to <http://cityofws.org/Home/Departments/RecreationAndParks/Articles/RecreationAndParks>

Thank you for participating in Step Up Forsyth! 2011— Public Health staff and Behealthy Coalition members hope this program has supported you in your efforts to live a physically active and healthy lifestyle. Our goal is to make our community a place where “making the healthy choice, is the easy choice”. This includes efforts that support walking, biking and access to healthy foods.

Please turn your pledge sheet as soon as possible so we award prizes and evaluate the success of the program.

- Drop form(s) off at Forsyth County Health Department (799 N Highland Ave)
- Scan form(s) and email it to stepupforsyth@forsyth.cc
- Fax to the Department of Public Health at 336-727-8034
- Mail to Step Up Forsyth!, Dept. of Public Health, PO Box 686, Winston-Salem, NC 27102-0686
- Suggestion—Check with your team captain to see if they are collecting forms for their team

