

2011 Step Up Forsyth!

September 18 - November 12

A FREE 8-week community physical activity program



Great Prizes!

Form a team. Organize your family, workplace, congregation or civic group as a *Step Up Forsyth!* team. This is a great way to team up to improve health! Each team member will keep physical activity log for the 8-week program. Upon completion of the program, activity logs are collected by team captains and sent to the health department.

Team member responsibilities: Commit to engage in physical activity *at least 30 minutes a day, record time (in minutes) on activity logs, and engage in some form of physical activity at least 5 days per week* for the 8 weeks of *Step Up Forsyth!*

Join as an individual. Log your time on a physical activity log and turn in your log at the end of the program.

Please check with your doctor before starting an exercise program.

Individual Entry Form (please print legibly)

Name _____

Address: _____

City: _____ Zip: _____

Phone: _____

E-Mail: _____



Sponsored by the
Behealthy Coalition
of the Forsyth County
Department of Public Health

Submit your entry form 1 of 4 ways:

Note: you may join Step Up Forsyth! any time during the 8-week program

1. Drop form off at Forsyth County Health Department
2. Scan and email form to stepupforsyth@forsyth.cc
3. Fax to the Department of Public Health at 336-727-8034
4. Mail to Step Up Forsyth!, Dept. of Public Health, PO Box 686, Winston-Salem, NC 27102-0686

To participate in the entire 8-week program, please send registration prior to September 13^h

For more information, call 703-3175 or go to www.forsyth.cc