

Dear Friend:

Step Up Forsyth 2012, a local community-wide physical activity program, is beginning Sunday, September 16, 2012 and **I AM INVITING YOU** to join my Step Up Forsyth team. As a member of my team and a participant in Step Up Forsyth, you will:

**Be eligible for great prizes such as:**

- A One Year Family Membership to the YMCA of Northwest North Carolina (one winner)
- \$50 gift certificate to Omega Sports (15 winners)

**Receive a weekly e-newsletter featuring:**

- Local Farmers Markets
- Farmer/Gardener spotlights
- Great local parks and places to be active
- Exercise Tip from the YMCA of Northwest North Carolina
- Recipes from Cancer Services
- Special Step Up Forsyth events

**Program Details:**

- Step up Forsyth is an 8 Week program (September 16 - November 10).
- The goal is to be physically active 5 days a week for 30 minutes each day.
- Log your physical activity minutes (electronically or on paper).

If I get enough people to join our team, all team members will receive a free Step Up Forsyth T-shirt. *(400 shirts will go to the teams with the most members)*. Also, largest teams *(in specific categories)* will receive a team trophy.

Best of all, by joining my team you are making a commitment to health and learning more about many of the great things our community has to offer in support of healthy lifestyles.

To join my team, go to [www.forsyth.cc](http://www.forsyth.cc) and click on the Step Up Forsyth logo and register. To join my team click on "Join a Team" and search for my team under **(TEAM NAME)** or **(YOUR NAME)**.

Thanks,

**SIGN YOUR NAME HERE**