



2012 Step Up Forsyth!

Tips and Instructions

September 16, 2012 - November 10, 2012

A free 8-week community physical activity program

Tips and Instructions for Team Captains:

1. Recruit your team – direct team members to the Step Up Forsyth registration page at <http://www.forsyth.cc/publichealth/stepupforsyth>. Once they register as a participant, have them click on the tab to “Join a Team”. They can search for your team by Team Name or Team Captain Name. [View a sample email to recruit team members.](#)

2. Complete physical activity e-logs. [View your team's activity total.](#)

***REMEMBER** - Team members can count ANY physical activity with Step Up Forsyth! It can be walking, biking, running, swimming, working out in a gym, or other form of physical activity.*

3. Contact your team: Team Captains are encouraged to stay in contact with their team members and organize group exercise/activity “meet ups” and word of encouragement. Team Captains can get a list of their team member’s name and email addresses by logging into Step Up Forsyth and clicking the “My Team Link”
4. Weekly newsletters will be e-mailed to participants every Thursday. These newsletters will focus on all things LOCAL – Parks, Farmers Markets, recipes from Cancer Services and exercise tips from the YMCA of Northwest North Carolina. Encourage your team members to visit local parks and try local foods.
5. Is someone on your team a “paper person” and more comfortable with paper registration and log forms? Paper physical activity logs and other Step Up Forsyth! materials are located on the web at <http://www.forsyth.cc> (click on the Step Up Forsyth logo). If you need multiple copies of materials for your team (physical activity logs, etc.), simply call 703-3175 or email stepupforsyth@forsyth.cc to arrange to pick up materials at the health department.
6. **IMPORTANT** for paper registration: We ask that your group registration form with team member names and e-mail addresses be scanned and emailed to stepupforsyth@forsyth.cc or faxed to 727-8034 prior to starting the program. You may also mail (FCDPH, Step Up Forsyth, 799 N. Highland Ave., Winston-Salem, NC 27101) or drop registration forms off at the health department.
7. In order to award prizes in a timely manner, we ask that you make every effort to complete physical activity e-logs or turn paper physical activity logs in between November 10th and November 17th. Please remind your team to do the same.
8. Please see prize page for a complete list of prizes. Winners will be announced no later than December 21, 2012.
9. Follow us on Twitter <http://www.twitter.com/stepupforsyth> or like us on Facebook at <http://www.facebook.com/stepupforsyth>