



Save the Date!

Start forming teams!

Step Up Forsyth! 2012 starts September 16th

E-Registration will open late August

What is Step Up Forsyth?

Step Up Forsyth is a FREE 8-week community physical activity program

NEW! Online registration and e-tracking of physical activity time!!

This is the ninth year of Step Up Forsyth! This year's program starts Sunday, September 16 and runs through Saturday, November 10 and you can join at any time. To get maximum benefit, it is best to participate the full 8 weeks. The goal of Step Up Forsyth! is to increase the number of people in our community that live physically active and healthy lifestyles. During this 8-week program, we hope participants will collectively log over 2 million minutes of physical activity time with over 125 registered teams and 2,000 participants.

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 electronically log their daily minutes of physical activity time during the 8-week program.

Team member responsibilities: Commit to engage in physical activity **at least 30 minutes a day, record time (in minutes) on electronic activity log, 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. Register on your own, log your time, and be eligible for prizes!
Please check with your health care provider before starting an exercise program.

Save the date —Step Up Forsyth Kick off event!

Bring your team, your family, your friends to...

Family Fun Day on the Brushy Fork Greenway
(at Skyland Park—off East End Blvd.)
Sunday, September 16, 2:30 to 4:30 pm

This event will include physical activity and health education stations. Walk and explore the new section of the Brushy Fork Greenway! More info coming soon! Special prize for WSFC elementary school that has the best turnout!

What do I have to do to join Step Up Forsyth?

Step Up Forsyth is about making a commitment to health. We ask that you commit to being active at least 5 times/week for a minimum of 30 minutes a day. If this goal is too ambitious — start with what is comfortable for 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!

Step Up Forsyth goes LOCAL in 2012!

Forsyth County has a lot to offer if you want to eat healthy and be physically active. There are a lot of great parks, playgrounds and greenways for fun and active living. Healthy eating is right around the corner with community gardens and Farmers Markets. You will learn more about "GOING LOCAL" in our weekly e-newsletter.

Step Up Forsyth e-newsletters

As a participant in Step Up Forsyth you will receive a weekly e-newsletter on Thursdays that will highlight all things LOCAL, including:

- ◆ Local Foods— Farmers Markets, Farms, Community Supported Agriculture (CSA) and Food Buying Co-ops
- ◆ Weekly recipes from Cancer Services
- ◆ Local Farmer spotlights
- ◆ Parks, playgrounds and recreation areas
- ◆ Weekly exercise and fitness tips from the YMCA of Northwest North Carolina



2012 team and individual prizes

Step Up Forsyth has great prizes!!

Team trophies

- ◆ **Largest team** – grand prize trophy (will not be eligible for other trophy categories)
- ◆ **Largest Faith-based team**
- ◆ **Largest School team** (private or public school)
- ◆ **Largest organizational team** (business, non-profit, government, university, etc)

Individual Prizes

- ◆ Grand Prize - One-year family membership to the YMCA of Northwest North Carolina
- ◆ 15— \$50 gift certificates to Omega Sports
- ◆ Step Up Forsyth! Let's Go Local T-shirts and reusable grocery bags

Go to www.forsyth.cc and click on the Step Up Forsyth logo  for complete prize information.

Help build a sustainable food economy by joining the 10% campaign!

Step Up Forsyth invites you to join the Center for Environmental Farming Systems (CEFS) in support of North Carolina's farmers, businesses and communities. All you have to do is pledge to spend 10% of your existing food dollars locally.

CEFS will email you with a few simple questions each week to track your progress and you will learn more about the progress with the initiative statewide.

Sign up at <http://www.ncsu.edu/project/nc10percent/index.php>



.....Social Media

You can follow us on Twitter www.Twitter.com/StepUpForsyth or like us on Facebook www.Facebook.com/StepUpForsyth

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 336-703-3110 or email us at stepupforsyth@forsyth.cc