



Step Up Forsyth! 2012

Welcome to Step Up Forsyth!

Thank you for joining Step Up Forsyth! By joining this program you have made a commitment to be more physically active or to maintain your level of physical fitness. Adults should strive to get at least 30 minutes of exercise every day — for children, the recommendation is 60 minutes daily.

Step Up Forsyth is EASY. All you have to do is log the number of minutes you are physically active each day on your e-log sheet. The e-log sheet will be “unlocked” on Sunday, September 16 so you can begin entering your activity time.

If you are a “paper person”, you can obtain a paper log form at <http://www.forsyth.cc/publichealth/stepupforsyth/>

Save the date — Step Up Forsyth Kick off event!

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

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

- Games!
- Health information booths!
- Family fun!

Support your local WSFC elementary school!

The elementary school that has the best turnout for this event will receive \$400 in PE equipment!

For a detailed list of games and vendors, go to:
<http://www.forsyth.cc/?StoryID=17814>



Step Up Forsyth e-newsletters

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

- ♦ Farmers Markets, Farms, Community Supported Agriculture



- ◆ Farmers Markets, Farms, Community Supported Agriculture (CSA) or Food Co-ops (*sneak peek below*)
- ◆ Weekly recipes from Cancer Services
- ◆ Local Farmer Spotlights (*sneak peek below*)
- ◆ Parks, playgrounds and recreation areas
- ◆ Veggie of the week
- ◆ Weekly exercise and fitness tips from the YMCA of North-



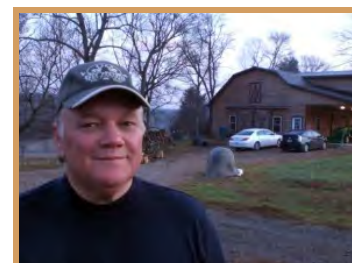
Farmer spotlight—Isaac and Kevin Oliver of Harmony Ridge Farms A son and father family operation

In its third year of operation, Harmony Ridge Farms is nestled off scenic Bowens Road in Tobaccoville. Isaac, who manages the farm on a day-to-day basis, is a graduate of WFU and has deep interest in sustainable agriculture and organic foods.



Isaac

Kevin, Isaac's dad, helps on the farm when he isn't at his day job. Kevin was raised on a farm that that sold conventional beef and tree fruit. Isaac convinced his dad to convert to organic



Kevin



methods. Organic methods do not include the use of chemical fertilizers and focuses on building healthy soil.

The amount of land cultivated at Harmony Ridge has "grown" in the past three years — from 1 1/2 acres in 2010, to 3 acres in 2011, to almost 7 acres in 2012. Everything at Harmony Ridge is grown from seed and has been raised organically since the farm's inception.



A beautiful farm and barn

Kevin and Isaac care about the community and believe everyone should have access to healthy, wholesome organic foods. This year, 25 CSA shares were provided to ESR (Experiment in Self Reliance) clients as a means to improve nutrition—what a great way to contribute to the good health of residents of our community!

Harmony Ridge CSA (Community Supported Agriculture)



At the present time, the majority of Harmony Ridge's business is their CSA program. With a CSA, members buy a share at the beginning of a growing season and in exchange receive a weekly 'share' or produce delivery.

Items grown on the farm include all the great Southern favorites such as sweet potatoes, Crowder peas, okra, heirloom tomatoes and sweet corn. In addition, Harmony Ridge grows items not found

addition, Harmony Ridge grows items not found easily in local grocery stores—this is great if you are a “foodie” and enjoy interesting and unusual foods.

The summer CSA runs mid-May through early September. In addition to the high quality fresh produce in the CSA “box”, you may purchase “add-ons” with your online order at the Harmony Ridge Farms website. Add-ons include other locally produced foods (as available and for an additional cost). CSA's are a great value for a family and you can't beat the quality.



If you want to support local foods when eating out, Harmony Ridge provides produce for several local restaurants including Noble's Grille, Willow's Bistro, Meridian, Diamondback Grill and Screaming Rooster. In addition to the CSA, Harmony Ridge sells at the Cobblestone Market at Old Salem on Saturdays (9 am to 12 noon). Feel free to stop by and say hello to Isaac at the Old Salem Market or visit the farm and CSA website at <http://harmonyridgefarms.net/> for more detailed information.

Commit to buying local... 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>

Many thanks to our sponsors:

The YMCA of Northwest North Carolina
Omega Sports
City of Winston-Salem Department of Transportation
Triad Buying Co-op, Inc.

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 336-703-3175 or email us at stepupforsyth@forsyth.cc