



Step Up Forsyth!

**6th Annual Community Physical Activity Program
September 10 – November 7, 2009**

Looking for a fun, easy way to add more physical activity or exercise into your life? Think about walking or biking in local parks, around your workplace, or in your neighborhood as one form of being active that you can fit into your schedule? *Step Up Forsyth!* may be just right for you! **Join other Forsyth County residents and see if we can log 1.5 million minutes of activity during the 2009 Step Up Forsyth! program.**

Step Up Forsyth! is a FREE community-wide program that will run for eight weeks this fall. The program is sponsored by the BeHealthy Coalition and its many partner organizations throughout the Winston-Salem area.

How to join:

- **Pledge to engage in physical activity 30 minutes a day for at least 5 days each week** during the six weeks of the program.
- **Form a team.** Be a Team Captain and organize a group of 5 - 10 people from your family, workplace, school, congregation, neighborhood, or civic group as a *Step Up Forsyth!* team. Team captains gather team members' physical activity logs or record the number of minutes each team member engages in physical activity.
- **Join an existing team.** Ask around – there may already be a team in your neighborhood or workplace. If you don't find one, start your own! Individuals who are not part of a team are welcome to join *Step Up Forsyth!* on their own.
- **Register your team** by September 10th. See the flyer for details on how to register.
- **Engage in physical activity on your own!** If you prefer to engage in physical activity on your own, you may register as an individual participant.
- **Engage in physical activity and record your minutes.** *Step up Forsyth!* is all about helping people be active. We don't ask you to record the intensity of your workout or how much physical activity was logged - simply that you were engaging in physical activity for at least 30 minutes, at least 5 days each week. Other forms of physical activity such as running or bicycling count, also.
- **Suggested places to engage in physical activity:** Go to the City of Winston-Salem Recreation and Parks website at <http://www.cityofws.org/Home/Departments/RecreationAndParks/ParksAndGreenways/Articles/ParksAndGreenways> for a map of the parks and greenways in the Winston-Salem area. If a park is not convenient, you may want to engage in physical activity with a friend in your neighborhood or around your office at lunchtime.
- When *Step Up Forsyth!* is finished, **turn in your physical activity logs** and possibly win an award or be entered in a raffle for prizes. Congratulations! Know that you're on the road to better health!

For additional information, please call the BeHealthy Coalition Coordinator, Willard Tanner, at 703-3175 or e-mail him at tannerwb@forsyth.cc