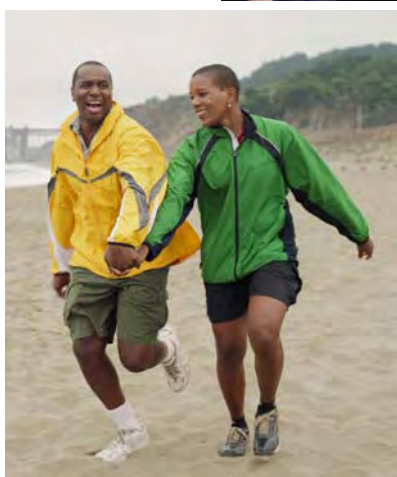


2009 Step Up Forsyth!

September 10th to November 7th

A FREE 8-week community-wide physical activity program.



- ◆ **Form a team.** Be a Team Captain and organize a group of 5 or more people from your family, workplace, school, congregation, neighborhood, or civic group as a *Step Up Forsyth!* team. Team captains recruit team members, distribute physical activity logs, gather physical activity logs upon completion of program, tally team minutes, and send team information to the health department.
- ◆ **Team member responsibilities:** Team members commit to engage in physical activity *at least 30 minutes a day, record time on activity logs, and engage in some form of physical activity at least 5 days per week* for the 8 weeks of *Step Up Forsyth!* Team members can participate individually or in groups.



Official Entry Form (please print legibly)

Name _____

Address: _____

City: _____ Zip: _____

Phone: _____ E-Mail: _____

_____ Individual _____ Will form a Team



Submit your entry form one of three ways:

- ◆ Drop your form off at Forsyth County Health Department by Sept. 11th
- ◆ Fax to the Department of Public Health at 727-8034 by Sept 11th
- ◆ Mail to Step Up Forsyth!, Dept. of Public Health, PO Box 686, Winston-Salem, NC 27102-0686 no later than Sept 11th

For more information, call 703-3175 or go to: www.forsyth.cc/PublicHealth