



## *2009 Step Up Forsyth!*

### **Instructions for Individual Participants**

1. Fill out individual registration form and send it to Step Up Forsyth! Coordinator by Friday, September 11<sup>th</sup>. Registrations can be faxed to Willard Tanner at 727-8034 or mailed to Forsyth County Department of Public Health, 799 North Highland Ave., Winston-Salem, NC 27102-0686.
2. Physical activity packets will be available at the Health Department the week of September 8<sup>th</sup> to 11<sup>th</sup>. Simply call Willard Tanner at 703-3175 to arrange to pick up materials. Physical activity logs and other Step Up Forsyth! materials are located on the web at <http://www.forsyth.cc>.
3. Participants will receive a confirmation e-mail or letter (if no e-mail address is provided).
4. Weekly tips will be sent to all participants. The tips will include advice on motivation, physical activity, and nutrition.
5. Completed physical activity logs must be turned in between November 9<sup>th</sup> and November 13<sup>th</sup>.
6. Prizes will be awarded based on the most minutes of physical activity. Prizes will also be awarded at random throughout the program.
7. Each person will receive a certificate of participation upon completion of the program.
8. Winners will be announced on November 23rd.