



2009 Step Up Forsyth!

Instructions for Team Captains:

1. **Recruit your team**, fill out the group physical activity registration form, and turn it in. Team captains will receive a confirmation e-mail or letter (if no e-mail address is provided).
2. **Complete physical activity logs.** Captains are responsible for gathering logs and turning them in to Willard by November 7th.
NOTE: team members can count ANY physical activity in their log. It can be walking, biking, running, swimming, working out in a gym, or other form of physical activity.
3. **Physical activity packets** will be available at the Health Department the week of September 8th to 11th. 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>.
4. **Weekly tips will be e-mailed** to all participants each week. The tips will include advice on motivation, physical activity, and nutrition.
5. *NOTE: We ask that your group registration form with physical activity team member names and e-mail addresses be turned in to Willard Tanner at tannerwb@forsyth.cc by Sept 11th.*
6. Physical activity logs must be turned in between November 9th and November 13th.
7. Prizes will be awarded based on the most minutes of physical activity. Prizes will also be awarded at random throughout the program.
8. Each person will receive a certificate of participation upon completion of the program.
9. Winners will be announced on November 23rd.