



2011 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 no later than November 18, 2011.
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 logs and other Step Up Forsyth! materials are located on the web at <http://www.forsyth.cc> (look under County News). If you need multiple copies of materials for your team (physical activity logs, etc.), simply call 703-3175 or email stepupforsyth@forsyth.cc to arrange to pick up materials at the health department.
4. **Weekly messages will be e-mailed** to participants every Thursday. The messages will focus on local parks and recreational sites in our community and include a weekly nutrition or physical activity challenge (challenges begin Week 2).
5. ***IMPORTANT!*** We ask that ***your group registration form*** with physical activity team member names and e-mail addresses be scanned and emailed to stepupforsyth@forsyth.cc or faxed to 727-8034 prior to starting the program. You may also mail (FCDPH, Step Up Forsyth, 799 N. Highland Ave., Winston-Salem, NC 27101) or drop registration forms off at the health department.
6. In order to award prizes in a timely manner, we ask that you make every effort to turn physical activity logs in between November 12th and November 18th.
7. Please see prize page for a complete list of prizes.
8. Winners will be announced no later than December 16, 2011.
10. Follow us on Twitter <http://www.twitter.com/stepupforsyth> or like us on Facebook at <http://www.facebook.com/stepupforsyth>