

Program Review: Step Up Forsyth 2013

Step Up Forsyth is a physical activity program provided by the Forsyth County Department of Public Health and the BeHealthy Coalition. September 2013 marked their 10th year of motivating community members to be more physically active!



Step Up Forsyth is a FREE eight-week (on your own) physical activity program, held each year from September – November. The goal of the program is to encourage participants to be physically active for 30 minutes per day, five or more days each week.

This year's theme was "Go Out & Play", and was achieved by promoting local parks, recreation centers and greenways. In addition, new for 2013 Step Up Forsyth offered FREE group exercise classes and cooking classes for participants weekly.

This year Step Up Forsyth surpassed its goals, and had **1,117** participants and **45** teams who combined logged over 1,430,749 minutes.



Team Awards:

Highest Average Minutes:

- Overall: *Village People*
- School Team: *Old Town Eagles*
- Faith Team: *Mt. Zion Baptist Church*
- Community Team: *Mitchell's Mighty Movers*
- Organizational Team: *Aging Well with Exercise*

Team with most members:

Susan's Happy Hoofers

Weekly Prize Winners

- Week 1: Brian Foster
- Week 2: Ingrid Mock
- Week 3: Robyn Varga
- Week 4: Tamara McLaughlin
- Week 5: Annette Joyce

- Week 6: Catherine Dancy
- Week 7: Chris Runge
- Week 8: Shatisha Harold
- Grand Prize: John Maniscalco

