



Step Up Forsyth !

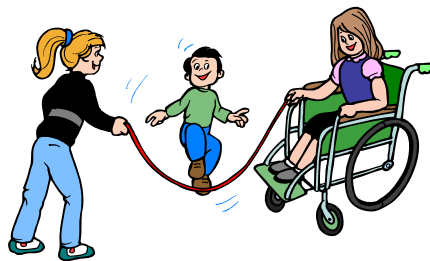
Week 7 Challenge

October 30—November 5

Name _____ Phone _____
Email _____

Try a New Activity This Week !

Why not shake up your exercise routine a little. Doing the same thing over and over each day can become boring. Try some new activities like hiking, rock climbing, Zumba or Hula Hoop class, jump rope, or playing basketball with your kids !



Using the chart below, record your new activity for the week.

Date	My New Activity

To be eligible for the weekly prize, return this form by Monday, 11/14 using 1 of 5 ways:

- Drop form(s) off at Forsyth County Health Department (799 N Highland Ave)
- Scan form(s) and email it to stepupforsyth@forsyth.cc
- Fax to the Department of Public Health at 336-727-8034
- Mail to Step Up Forsyth!, Dept. of Public Health, PO Box 686, Winston-Salem, NC 27102-0686
- Go to www.forsyth.cc/PublicHealth/stepup_forsyth.aspx and click "challenge" to complete this form online