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# 2010 Step Up, Forsyth !

## ~ Success Story ~

The 2010 Step Up Forsyth! physical activity program was very successful with a total of 1,377 participants and 82 teams, including family teams. Individuals and teams collectively logged 1,166,906 minutes of physical activity during the eight week program running from September to November.



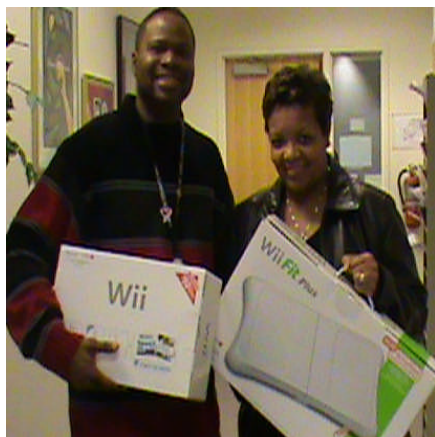
New this year was **Walking Wednesday Adventure**—a lunchtime walk along a 1-mile route in downtown Winston-Salem. Participants obtained a mapped walking route at check-in that contained photos of scavenger hunt items that could be found along the walking route. Participants who correctly identified the location of scavenger hunt items were entered into a drawing for a \$10 Walmart gift card.



**A total of 197 participated in downtown Walking Wednesday Adventure**

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# Congratulations 2010 Step Up, Forsyth! Winners



- Wii Console and Wii Fit – Tracie Hunter-Bowens
- 1 year Gold's Gym membership -Carrie Worsley
- 1 free exam, x-rays, 8 visits for nutritional counseling, therapeutic exercises, or adjustments by John Robinson, DC, of Proactive Performance Health Center - Beverly Melton
- CD-ROM of *Great Bike Rides In and Around Winston-Salem* – Susan Spence and Marilyn Wilson
- WFU Basketball signed by all players – Julie Marrill

This year's trophies went to Patsy Myers for the team with the most unusual name - *The Pinkalicious Ladies* – and Susan Spence—*Susan's Happy Hoofers*— for the team with the most members (169)

***We would like to thank all who participated in the 2010 Step Up, Forsyth! You are all winners when it comes to choosing a healthier lifestyle.***