



## Shape Up San Francisco 2010 Walking Challenge 10 Simple Steps to Health

### Step 1: DECIDE YOUR ROLE

Do you want to be a team leader (motivate your team, organize walks, share news with team) or a team member? Team Leaders have to register the team (don't forget to pick a Team Name!) before others can join.

### Step 2 : SIGN UP

Team Leaders should register their team first. Then anyone can go online to sign up and register for the team of their choice. Register at [www.shapeupsfwalkingchallenge.com](http://www.shapeupsfwalkingchallenge.com).

### Step 3: LEARN MORE

Team Leaders can attend the **Shape Up Walking Challenge Orientation on February 17, 2010 from 10:00am-11:30am** at the Health Commission Hearing Room (101 Grove St. #300). Learn to use the website and pick up a Tool Kit to get your team started. Team Toolkits will be available to the first 150 registered teams to attend the Orientation. After the Orientation, registered teams may pick one up from DCYF (1390 Market St, Suite 900) until they run out. All information is also available on the website.

### Step 4: INVITE

Team Leaders can invite team members to join their team by email. If someone is interested in participating and doesn't have a team yet, they can simply join any team, including their local Rec & Park team on the website. In general, we recommend about 20 members per team.

### Step 5: COORDINATE

Schedule team walks or other exercise outings with your team. Plan fun and interesting walking routes in your neighborhood (use [www.mapmyrun.com](http://www.mapmyrun.com) to figure out mileage). We encourage teams to take weekly walks together, but make sure to count all the walks and other exercise you do on your own too!

**Team leaders for youth teams should notify parents and collect permission forms, if necessary (template letters and permission forms are available on the website).**

### Step 6: WALK

**March 1-May 7**—Start walking! To complete the Shape Up Walking Challenge (1,016 miles), teams should collectively walk over 100 miles each week. For example, a team with 20 members should have an average of 5 miles per team member, per week. Remember that other physical activity counts too. If you dance, bike, swim, or play a sport, count 20 minutes of vigorous activity as 1 mile!

### Step 7: ADD MILES

At [www.shapeupsfwalkingchallenge.com](http://www.shapeupsfwalkingchallenge.com), log in and enter miles for group and individual walks. Each person with computer access can add their own miles. People without computer access should report their miles to their Team Leader to add. Even after the 10 week challenge is over, this function will be available year round to help you keep meeting those weekly goals!

### Step 8: TRACK YOUR PROGRESS

Make sure to check out how your team is doing (bragging rights are a big motivator!). You can also see how you rang against other teams, which is especially fun if your organization has multiple teams!

### Step 9: USE THE RESOURCES

Visit [www.shapeupsfwalkingchallenge.com/Walk/ResourcesandTools](http://www.shapeupsfwalkingchallenge.com/Walk/ResourcesandTools) regularly to learn about events, motivational tips, safety and stretching help, local SF resources for activities and more!

### Step 10: CELEBRATE

Our celebration events are a way for your team to be recognized for all their hard work. We plan to hold a celebration event at the end of the challenge to recognize all adult participants. Youth teams will receive a celebration kit to hold events at their sites. Stay tuned to the EVENTS page of the website for more details.

**If you have questions, please contact Amy Portello Nelson at [shapeup@dcyf.org](mailto:shapeup@dcyf.org).**