

2012–THE YEAR TO...



What is Be Healthy Now?

Be Healthy Now is a 10-week program that challenges participants to live healthier lives. It is open to anyone who lives, works, worships or attends school in Alamance County. Be Healthy Now encourages participants to work together in teams to achieve fitness goals. Studies show that people who join with others to live healthier and lose weight have much more success than those who do so alone. It's "healthy competition" at its best!

How does Be Healthy Now work?

Adults, youth and children create teams of two to 10 people that will participate in our friendly fitness challenge competition, designed to help you enjoy a more physically active lifestyle. Participants are encouraged to attend weekly educational sessions and walking programs. Team captains will submit a simple report at the end of the 10-week program. Teams that complete their goals will be entered into a drawing for **four \$250 cash prizes**.

Who can participate?

Adults, youth and children who live, work, worship or attend school in Alamance County can participate in the team competition. Gather friends, family, co-workers, classmates and church members for your team. Teams can be all men, all women, co-ed, students, co-workers, all adults or mixed ages, etc. Teams may consist of no more than 10 and no fewer than two people.

Is there a cost for the program?

No. All portions of Be Healthy Now – educational sessions, walking programs, kick-off event and final celebration – are **FREE** to all participants!

What type of support will I receive?

To support and motivate participants, six education sessions and multiple walking programs have been planned for the 10-week period. As a convenience, the sessions and programs will be offered in the afternoon and in the evening. You do not have to attend as a team.

Participants are encouraged to attend as many sessions and programs as possible. Team members will receive an extra **10,000 steps** (5 miles) on their fitness log for attending an education session and an extra **20,000 steps** (10 miles) for participating in a walking program. An up-to-date schedule is online at www.behealthynowalamance.com.

continued inside....



A community-wide fitness program sponsored by



2012 CALENDAR

View updates at www.behealthynowalamance.com

Wed., Feb. 1	Registration opens
Sat., Mar. 31	Last day to register! Kick Off Event, 10 a.m. - 1 p.m. Mayco Bigelow Community Center 849 Sharpe Rd., Burlington
Thurs., Apr. 5	"Introduction to Be Healthy Now/ Make Your Commitment" Noon and 6 p.m. / Grand Oaks Center
Thurs., Apr. 12	Walking Program Noon and 6 p.m. / Burlington City Park
Thurs., Apr. 19	"Right Size Your Portions" Noon and 6 p.m. / Grand Oaks Center
Thurs., Apr. 26	Walking Program 11:30 a.m. / Sesquicentennial Park Noon / Burlington City Park 5 p.m. / Bill Cooke Park 6 p.m. / Burlington City Park
Thurs., May 3	"Move More" Noon and 6 p.m. / Grand Oaks Center Walking Program 11:30 a.m. / Sesquicentennial Park 5 p.m. / Bill Cooke Park
Thurs., May 10	Walking Program 11:30 a.m. / Sesquicentennial Park Noon / Burlington City Park 5 p.m. / Bill Cooke Park 6 p.m. / Burlington City Park
Thurs., May 17	"Eat Out Less" Noon and 6 p.m. / Grand Oaks Center Walking Program 11:30 a.m. / Sesquicentennial Park 5 p.m. / Bill Cooke Park
Thurs., May 24	Walking Program 11:30 a.m. / Sesquicentennial Park Noon / Burlington City Park 5 p.m. / Bill Cooke Park 6 p.m. / Burlington City Park
Thurs., May 31	"Plan, Shop, Fix and Eat" Noon and 6 p.m. / Grand Oaks Center Walking Program 11:30 a.m. / Sesquicentennial Park 5 p.m. / Bill Cooke Park
Thurs., Jun. 7	Walking Program Noon / Burlington City Park 6 p.m. / Burlington City Park
Thurs., Jun. 14	"Keep Your Commitment" Noon and 6 p.m. / Grand Oaks Center
by Fri., Jun. 15	Team captains turn in activity logs
Thurs., Jun. 21	Be Healthy Now Celebration <i>(for those teams who met goals)</i> 6 - 7 p.m. / Location to be announced

IT'S TIME TO... **BE HEALTHY NOW!**

How do I get started?

- 1 Gather a team of two to 10 people.** Ask your family, friends, fellow students, co-workers, neighbors, club members, or people at your church or club to join you!
- 2 Choose a team captain.**
- 3 Register your team.** Beginning February 1, the team captain must register their team by doing one of the following:
 - Calling (336) 586-4000
 - Visiting www.behealthynowalamance.com
 - Mailing the registration form (see next page)
- 4 Come to the Be Healthy Now Kick-Off** on Saturday, March 31 from 10 a.m. to 1 p.m. at Mayco Bigelow Community Center. (This is also the last opportunity to register.) This fun and encouraging event will feature **free blood pressure screening, height and weight, Zumba mini-lessons, health and fitness displays, delicious, healthy smoothies, a one-mile fun walk, door prizes and a free pedometer to first 200 to arrive!** Attendance is encouraged but is not mandatory.

Who is in charge of Be Healthy Now?

Representatives of several local businesses and organizations have teamed up to bring you the Be Healthy Now program, including

- Alamance Regional Medical Center
- Alamance County Cooperative Extension
- Alamance County Health Department
- Healthy Alamance, and
- Graham Recreation & Parks

I still have questions. What should I do?

Call the Alamance Regional Live Well Line **(336) 586-4000**.



Walking program locations:

- Bill Cooke Park, 1010 Townbranch Rd., Graham
- Burlington City Park Walking Track, E. Kitchen and Mebane Streets, Burlington
- Sesquicentennial Park, NW Court Square, Graham

Educational sessions will be held at the Grand Oaks Center on the campus of Alamance Regional Medical Center, 1238 Huffman Mill Road, Burlington.

(Fold and seal)

*Remember
to add
postage*

Alamance Regional Medical Center
Public Relations Department
PO Box 202
Burlington, NC 27216-0202
