



GET **MOVING** EXCEL - JOIN THE **SHAPE UP WALKING CHALLENGE!**

Participating in the **SHAPE UP SF WALKING CHALLENGE** is an easy and interactive way to promote **PHYSICAL ACTIVITY** @ your site. Make it a program goal to be **ACTIVE** for at least 30 minutes everyday!

Walking is easy, fun, and free, but we also want to encourage you to use any kind of physical activity you prefer for this challenge. Just use the formula that 20 minutes of vigorous activity (i.e. swimming, dancing, playing basketball) is equivalent to a mile.

MARCH 9, 2009 THROUGH MAY 15, 2009 take the 10-week **SHAPE UP SAN FRANCISCO WALKING CHALLENGE** and virtually walk the equivalent of the California Coast and beyond!

START AN EXCEL TEAM AT YOUR SITE-

1. LOG ON TO THE **SHAPE UP SF WALKING CHALLENGE WEBSITE**

<http://shapeupsfwalkingchallenge.org/>

2. CLICK ONTO REGISTER HERE

3. CHOOSE TO BE A TEAM LEADER

Click on the link to sign up as a team leader and follow the instructions to register. Choose a Team Name for your site and develop a mileage goal for yourself. Please make sure to choose **EXCEL** as your organization and Amy Adkins as the Team Director. This makes it easier for us to support you and track all of the progress! As the Team Leader it is your responsibility to ensure that all the miles are logged for your Team(s). Explore the website to find all information needed for logging the miles. Since you will be logging the information for your students, be sure to read about "offline members".

4. QUESTIONS ABOUT REGISTRATION OR GENERAL **WALKING CHALLENGE INFORMATION? CONTACT**

Amy Portello Nelson

Assistant Child Nutrition Coordinator

Department of Children, Youth, and Their Families

415-554-3506 or anelson@dcyf.org

5. **EXCEL QUESTIONS? CONTACT**

Amy Adkins

ExCEL PEP Coordinator

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BE CREATIVE, HAVE FUN AND GET **MOVING!**