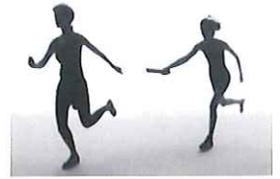




Move Yourself! Salem County

Salem County Health Department
98 Market St. Salem, NJ : 856-935-7510



Welcome! We are so excited that you have made the first step to choosing a healthier lifestyle by joining *Move Yourself! Salem County* walking initiative. Maybe this isn't your first step, maybe it's only a baby step, but the important thing is that it is a step in the right direction!

This program was started because the Salem County Health Department and other community organizations recognize the importance of providing and supporting safe options for physical activity. We want this program to be an ongoing network of community members who want to actively change their lifestyle, even if it is only the smallest change. We believe that every change, no matter how small, can add up to a big difference in your health and your life.

Move Yourself! Salem County is designed to bring people together who want to support each other in this decision. We hope that you will be able to form a team, even if it is only 2 people, to support each other. When making lifestyle changes, it is helpful to be surrounded by others who are going through the same thing. Filling out the attached registration form gets you started. You can choose to track your progress with our tracking form or online at StartWalkingNow.org. Instructions for online registration are included in this packet. Every member of your team will receive updates and our *Move Yourself! Salem County* newsletter. Even after registration, you can add more members to your team. Simply call or e-mail us with their contact information and they will receive updates as well. We will be having kick-off events in the fall to celebrate the start of this fantastic program and your team is invited!

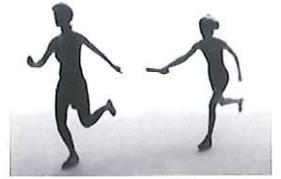
Anyone who is a part of *Move Yourself! Salem County* is eligible to use any of our designated sites. The list of designated sites and their availability is included in this packet. They can also be found by searching on StartWalkingNow.org. We have tried to include as many sites as possible all over the county. We hope *Move Yourself! Salem County* will grow and become a part of the Salem County culture.

Thank you again for joining us and we look forward to moving towards a healthier community! If you have any questions, please feel free to contact the program coordinator, Sarah Miller at 856-935-7510 ext. 8302.



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Team Registration Form

Team Name: _____
Team Leader/Contact Person: _____
Contact Phone Number: _____
Contact E-Mail: _____
Primary Location: _____

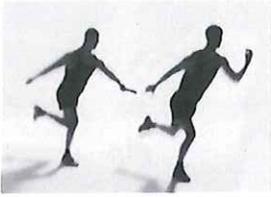
Team Members: (If you have more team members, please continue information on a separate page.)

Name: _____	E-Mail: _____

What sites would your team be likely to use? (Circle/Highlight One) Indoor Outdoor Both

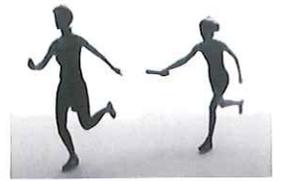
How will you be tracking your progress? (Circle/Highlight One) Online Paper Both

Please Return to Sarah Miller: E-Mail- Sarah.Miller@SalemCountyNJ.gov, Fax-856-339-0029



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Designated Walking Sites

Salem City

- Salem High School Parcourse
219 Walnut St. Salem
Outdoor- .94 miles M-F after 3pm*

Pennsville

- Riverview Beach Park
9 N. Broadway Pennsville
Outdoor- 1.1 miles Mon.-Sun. 5am-10pm
- Fort Mott State Park
454 Fort Mott Rd. Pennsville
Outdoor- .5 miles Mon.-Sun. Daylight Hours

Penns Grove/Carney's Point

- YMCA of Salem County
204 Shell Rd. Carney's Point
More info coming soon!
- Carney's Point Township Recreation Complex
Penns Grove-Auburn Rd. Carney's Point
Outdoor- 1900 ft. -1100 ft. Daylight Hours

Woodstown/Pilesgrove

- Woodstown High School
140 East Ave. Woodstown
Outdoor- .25 miles Mon.-Sun. Evenings

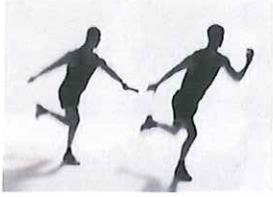
Pittsgrove/Elmer

- Parvin State Park
701 Almond Rd. Pittsgrove
Outdoor- Multiple Trails Mon.-Sun.
- Arthur P. Schalick High School
718 Centerton Rd. Pittsgrove
Outdoor- Mon.-Sun. Mornings Before School

**Please be advised, site availability may change.

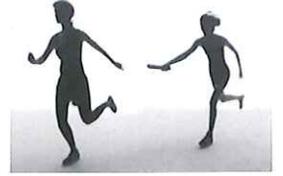
Teams will be notified of short-term schedule changes as they arise. New schedules will be distributed as needed.

More sites will be added soon! ***



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Website & Tracking Instructions

Creating an Online Account:

- Go to www.StartWalkingNow.org
- Click *Become a Member* on the top right hand corner underneath the Donate button.
- Enter required contact information.
- In the Company Section, click Search For Company
 - Search for and select Move Yourself! Salem County
- Enter your team name.
- Select a password.
- Enter health information *Please, remember: No one will see this but you!
- In the preferences section, check the first box so your activities can be tracked by the Move Yourself! Salem County staff.
- Click submit and start tracking your activity, meals and even get a personalized walking plan!

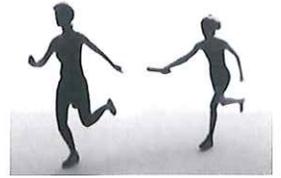
Finding Move Yourself! Salem County Designated Walking Sites:

- Log in to your Start Walking Now account.
- Click the Find Walking Paths tab at the top of the page.
- Select New Jersey in the search area.
- On the next page in the Path Name box, enter Move Yourself! Salem County and click search.
- All of the designated walking sites will appear as well as bonus sites!
- Add the sites you think you will walk to your favorites so they show up when you want to track your activity.



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Tracking Your Activity:

- Log in to your Start Walking Now account.
- Click the Tracker tab at the top of the page.
- On the Activity Tracker, click Activity Diary.
 - *You can track your diet by click Nutrition Diary.
- For activity at a Move Yourself! Salem County designated path or another favorite path, click view my paths.
 - Find the path you walked and click Log In Tracker.
- For activity done on a new path, click Create New Path or just enter the time, miles or steps and location in the tracker.

Getting a Personalized Walking Plan:

- Log in to your Start Walking Now account.
- Click on the Tracker tab on the top of the page.
- On the Activity Tracker, click Walking Plans.
- Click Take the Quiz.
- After you have completed the quiz, you can view your plan, print it as a PDF and view exercises that can be incorporated into your workout.

You can also explore the website and use their great resources such as Grocery List Builder, Heart Healthy Recipes, tips on safe exercise, and a guide to picking the right kind of sneakers! StartWalkingNow.org offers great information and now, it is a way to connect with your community!