About The Program*

WHAT IS GET MOVING GC? Get Moving Grayson County is a program to encourage physical activity hosted by several community agencies focused on community wellness.

WHAT WILL YOU DO? Report your steps weekly and earn chances to win prizes!

WHO CAN PARTICIPATE? Anyone can participate! You may work as a team or as an individual.

WHEN WILL WE START? Get Moving GC will last April 9, 2018 thru June 4, 2018

*See reverse side for more information.

Getting Started

REGISTER Register online by scanning the QR code or visit www.graysonext.org, there will be a link to the registration page under "Quick Links". To get a paper copy, contact the GC Extension Office using the information below.

WHEN SHOULD YOU REGISTER? The program will begin on April 9, but you can register at any time. Register by March 14, 2018 for a chance to win a Fitbit Flex. Newcomers can sign up anytime during the program.

Pre-register and be entered to win a Fitbit Flex

Donated by Communicare Regional Prevention Center. Pre-registration ends March 14, 2018.
How To Register & Log Your Steps

**REGISTER ONLINE.** Register online by scanning the QR code, or visit www.graysonext.org; there will be a link to the registration page under "Quick Links". To get a paper copy, contact the GC Extension Office.

The program will begin April 9, but you can register at any time. Register by March 14, 2018 for a chance to win a Fitbit Flex. Newcomers can sign up anytime during the program.

After you register, you will be contacted via email with further instructions and a packet of useful information to help you succeed in this program.

**GET MOVING!** Get Moving GC will last from April 9 - June 4. If you need help tracking your steps, you can pick up a free pedometer at the Extension Office. There will also be a chart in the initial email that can help you convert other types of activity into steps. One mile of walking equals about 2000 steps.

Steps will be logged onto a Google Doc Spreadsheet. If you haven’t used one before, don’t worry! It’s easy to use and will let you see how everyone is doing in real time. After you register, Natalie will send you an email to share the document with you. This will give you access and the ability to log your own steps into the document. When you enter your steps, information will be saved automatically and multiple people can enter information at the same time. To make it even easier, download the Google Sheets app and enter steps from your smartphone. If you do not have internet or computer access, please contact Natalie. She will work with you to ensure your steps are logged each week.

**PRE-REGISTRATION PRIZE** Register by March 14, 2018 for a chance to win a Fitbit Flex donated by Communicare Regional Prevention Center.

**WEEKLY PRIZES** There will be weekly drawings for Chamber Gift Certificates. To be eligible, simply enter your number of steps for that week.

**GRAND PRIZES** There will be multiple grand prize drawings at the end of the program. The value of these CASH prizes is yet to be determined. Earn one chance for each week you enter steps and each 5k (or other event) you run/walk.

**EXTRAS** Registered participants will receive information on how they can earn additional cash prizes throughout the program by participating in programs and sharing information with others!

If you have any questions please contact:

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