How to Sign-Up:

**Step 1: Register for Walk Georgia**

1. Go to the Walk Georgia homepage, www.walkgeorgia.org click on the green "Create an Account" button and fill out your information. *Please Note you will need an up-to-date browser, such as Chrome, Firefox, or IE 9.0 or higher.

**Step 2: Join the Challenge!**

1. Once you’ve logged into your new account, navigate to the "Georgia Department of Public Health" group by clicking here: [http://tinyurl.com/DPHWalkGeorgia](http://tinyurl.com/DPHWalkGeorgia)
2. Click the grey "Join Group" button at the top.
3. Next, find YOUR subgroup on the bottom right of the group page and click "Join Group" here, again. Choose your location from the field.

**Step 3: Log your physical activity**

1. Start logging your physical activity on your "My Activity" page. Any exercise counts; at home, at work, during the week, and on weekends, we’ll be tracking and rewarding!

**2017 Contest Rules:**

1. Participants must register by May 10th
2. Official contest dates are from May 10th - August 17th
3. The DPH location with the highest physical activity average *per person* wins!
4. Winners will be announced the third week in August

**Prizes:**

The DPH location with the *most activity time (per person)* will win First Place and be crowned: 
**DPH “Most Active” Champion** Prizes include t-shirts, the coveted DPH Champion Cup and 365 days of bragging rights!

*Recognition will also be given to the location with the highest percentage of participants!*

**Keep in Mind:**

The recommended weekly physical activity guidelines are to complete at least 150 minutes of moderate physical activity OR 75 minutes of vigorous physical activity each week, PLUS at least two sessions of resistance training. Every workout counts!

**Questions?** – If you have any questions, please contact: dph-worksitewellness@dph.ga.gov