Solving the Puzzle of Moving More

Sign-Up Sheet

Solving the Puzzle of Moving More is a five-week challenge that encourages employees to be physically active. This challenge will also test your knowledge of the benefits to leading an active lifestyle. Participants will earn points for each Weekly Activity Tip completed and bonus points for correctly completing the Solving the Puzzle of Moving More crossword puzzle.

Solving the Puzzle of Moving More begins on _____.
Sign-up by _____ to participate.

Name	Phone	E-mail

North Carolina State Health Plan for Teachers and State Employees www.shpnc.org

NCPH North Carolina Public Health Working for a healthier and safer North Carolina Everywhere. Everyday. Everybody.

Eat Smart Move More NORTH CAROLINA™