



# 10 Ways to Get Involved

It's easy to get involved in 85210. Get started on your own, or contact us for some extra help. Here are 10 ways that you can get involved in 85210 today.

## 1 Implement a toolkit

Use the resources in our toolkits in your organization or everyday life. Pick the toolkit that best fits your needs or interests and start using the resources today!

## 2 Join a sector committee

The Step UP and Go Coalition is split up into five work committees that meet regularly to accomplish the work of Step UP and Go. Contact us if you would like to join one!

## 3 Share our message with others

85210 is meant to be a simple message, so go ahead and share it with others and encourage them to start incorporating the numbers into their lives!

## 4 Become a sponsor

Step UP and Go could not exist without the financial support of our sponsors. There are four sponsorship levels beginning with a one-year commitment.

## 5 Follow us on social media

Like us on Facebook and follow us on Twitter to learn about upcoming events, healthy recipes, and more! Don't forget to share our posts that you think your friends will like.

## 6 Hang up posters

Feel free to hang up our promotional materials in your office, school, or community organization. Download them from our website or contact us for copies.

## 7 Ask us to attend a health fair

We love to attend health fairs and other health-related events. Invite us to an event, and we can bring resources, giveaways, and interactive activities!

## 8 Have us make a presentation

Does your worksite, community organization, or other group want to know more about 85210? Contact us to set up a time for us to make a presentation to your group.

## 9 Ask us to work with you

Not sure what to do next? We can work one-on-one with you to help you implement 85210 into your facility or organization. Contact us today to find out more.

## 10 Be a champion for 85210

We need people like you to inspire others to live a healthier life! Become a champion for 85210 and motivate those around you to implement these five habits into their lives.

For more information visit [www.stepupandgo.org](http://www.stepupandgo.org)  
Contact us at [team@stepupandgo.org](mailto:team@stepupandgo.org)