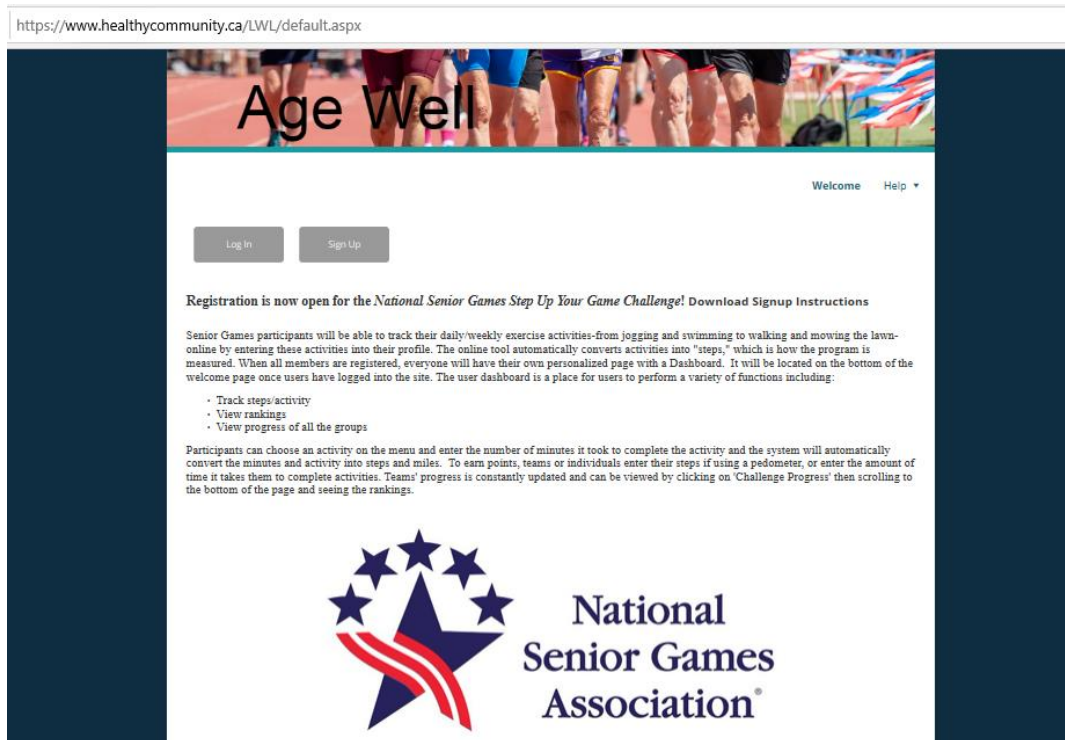


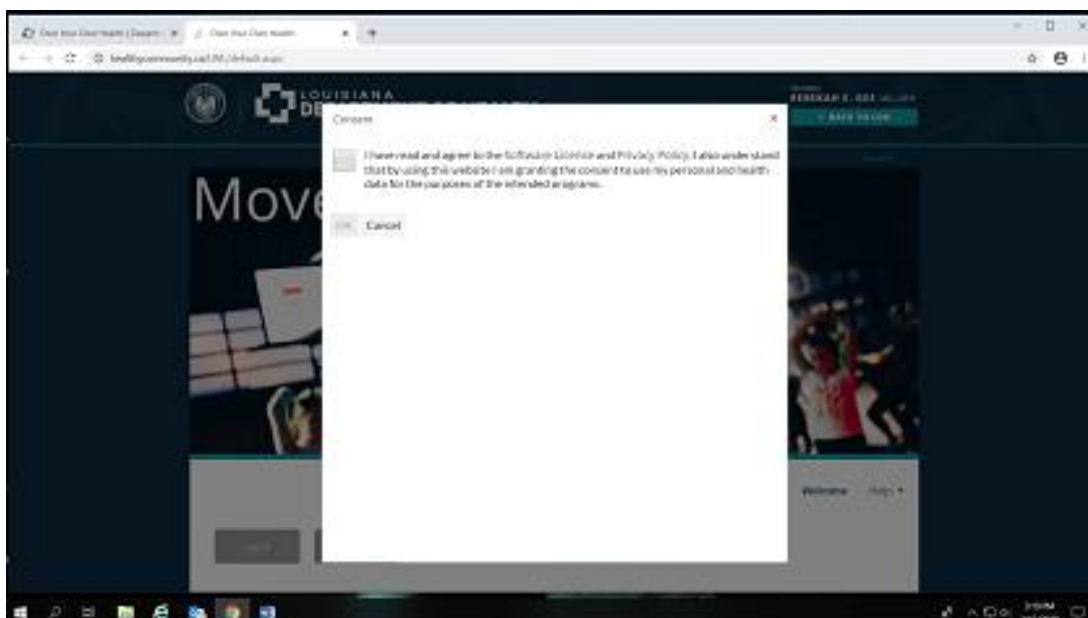
How to Sign Up? National Senior Games Step Up Your Game Challenge

[Click Here](#) to reach the challenge website.

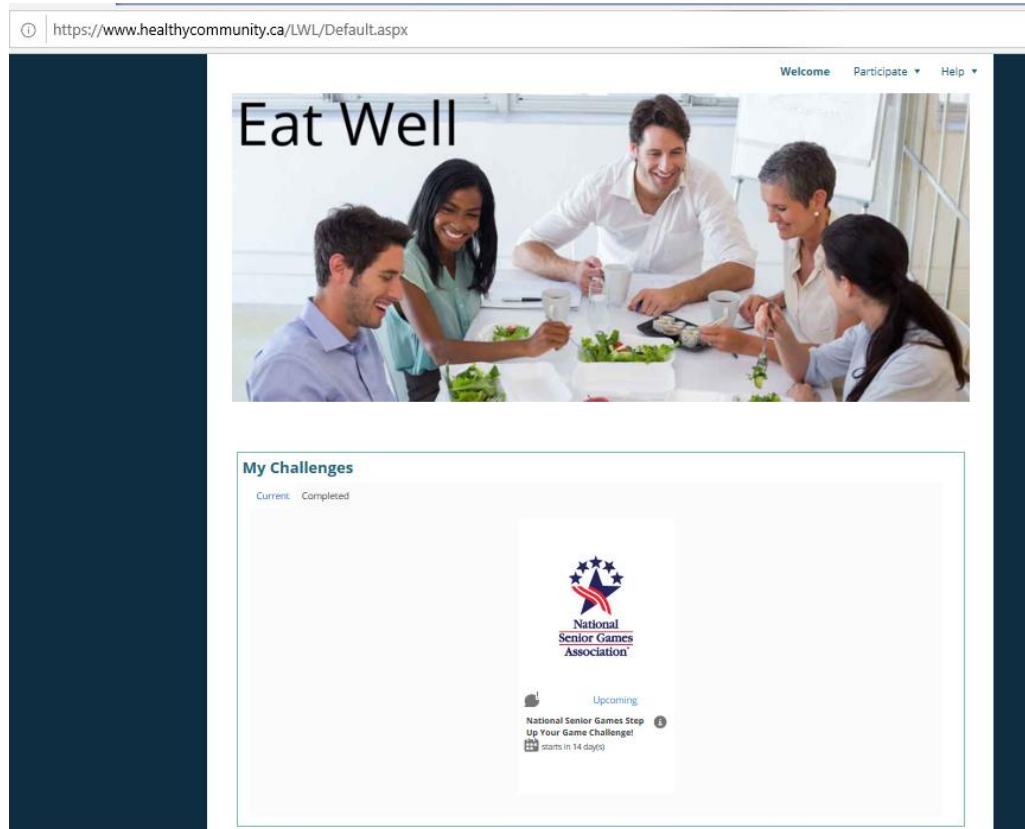
Select the “**Sign Up**” button to create your user profile.
Remember your username and password! When you return to the website during the Challenge to record your steps and/or physical activity, use the “**Log In**” button and enter your username & password.



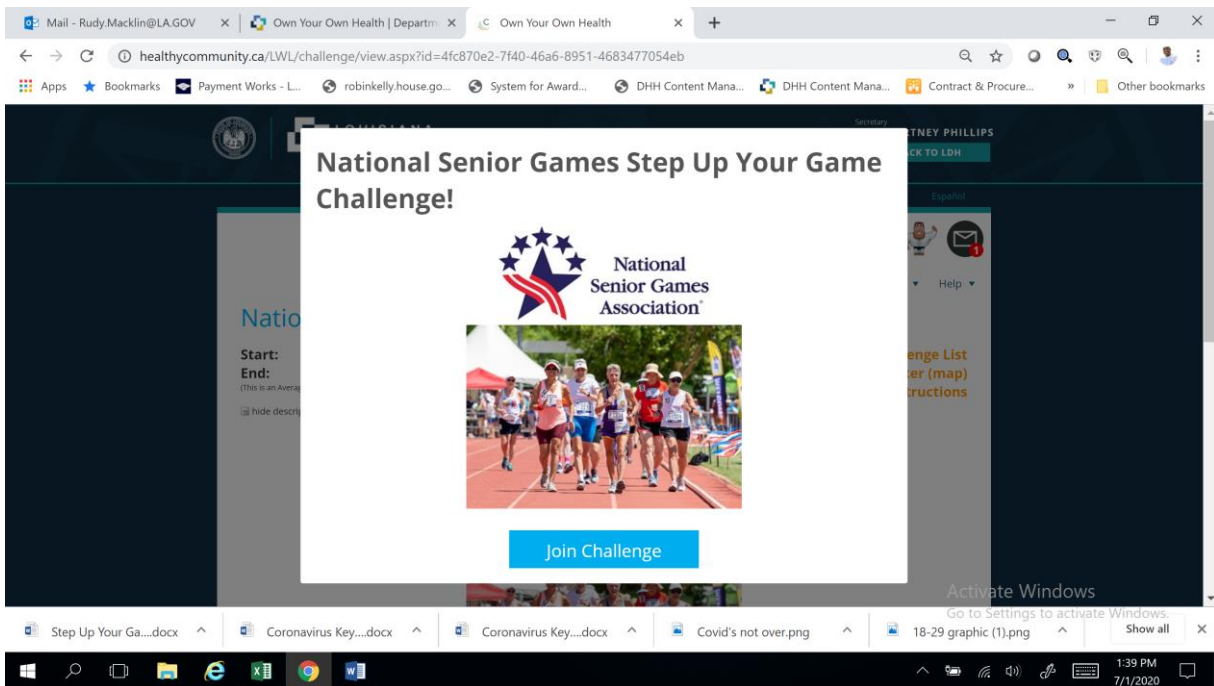
After clicking the “**Sign Up**” button, a popup screen will appear. Check box for Consent and click ok.



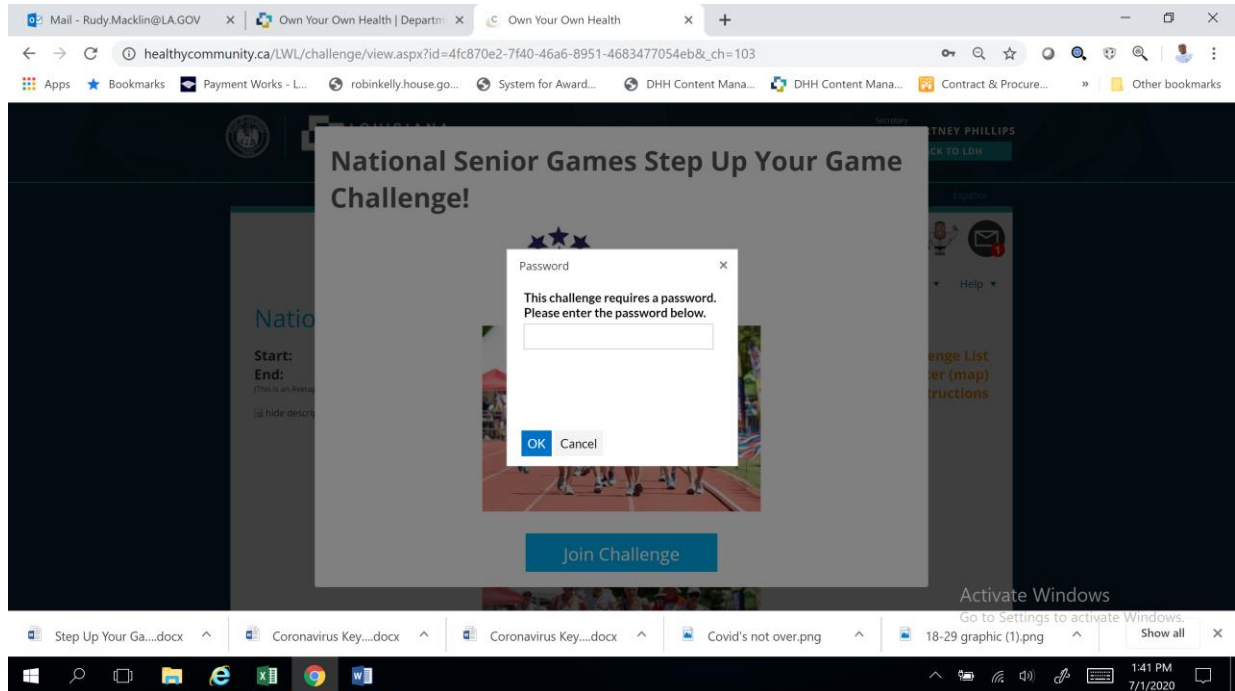
You will then be transported to your **Welcome Page**.
Under ‘My Challenges’, select and click on the **National Senior Steps Challenge** image.



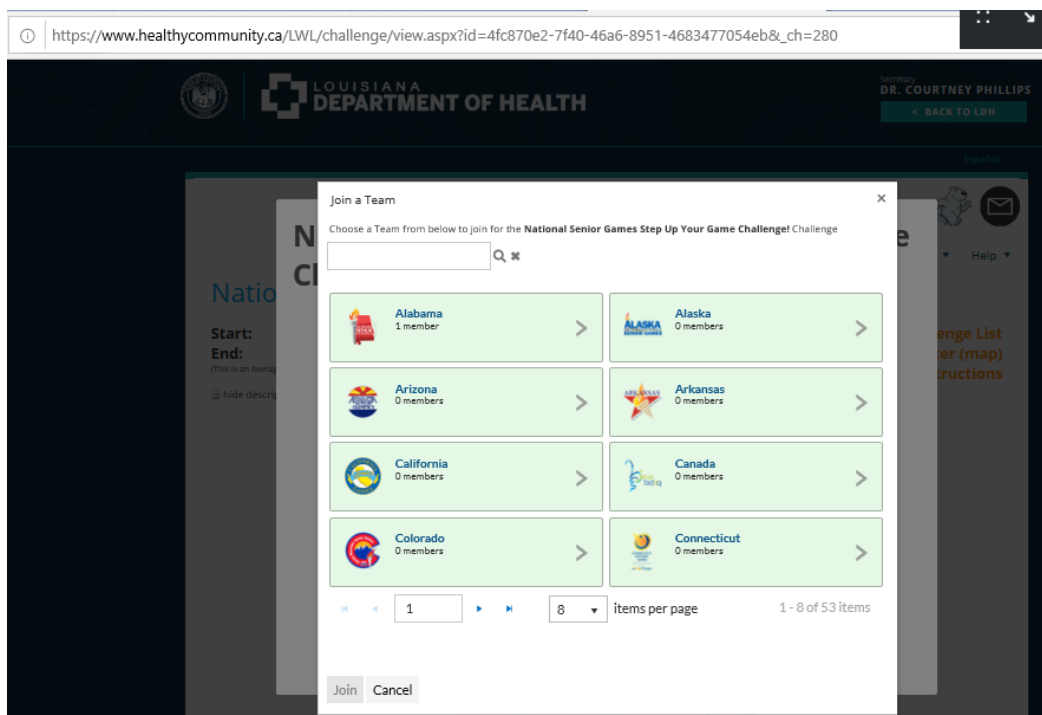
On the next page click “Join Challenge.” in the blue box.



After clicking “Join Challenge” in the blue box, a pop-up screen will appear to enter the Challenge password: **seniorgames**



Now members can join their team. Search and select your team and click “Join” at the bottom of the page. Your information will be transferred to that team.



You will be taken to the Challenge page where you should see your team at the bottom under
“My Challenge Progress.”

The screenshot shows a web browser window with multiple tabs. The active tab is 'healthycommunity.ca/LWL/challenge/view.aspx?id=4fc870e2-7f40-46a6-8951-4683477054eb'. The page features the National Senior Games Association logo at the top, which includes a stylized American flag and the text 'National Senior Games Association'. Below the logo is a photograph of several senior citizens running on a red track. Underneath the photo, it says 'Thursday, July 23' with a right-pointing arrow. At the bottom, there is a section titled 'My challenge progress...' with a table. The table has three columns: 'Rank', 'Name', and 'Progress'. The first row shows '1' in the Rank column, 'The Dynamite Seniors' in the Name column, and a yellow warning icon in the Progress column. The Windows taskbar at the bottom shows the time as 1:23 PM on 7/1/2020.

Rank	Name	Progress
1	The Dynamite Seniors	⚠

How to Enter Steps

On your Welcome or Challenge page, if you have a pedometer, you may enter steps in the ***Count Steps*** box and click ADD.

Count Steps

Enter number of steps:

Activity Tracker (ms)

Count Activities

Choose an activity:

Enter minutes:

Update Your Weight

Enter weight:

In the **Count Activities** box, you may choose an activity and enter the number of minutes it took to complete your activity and click ADD. The Minutes you enter will be converted into Steps and Miles.

Count Steps

Enter number of steps: Add

Activity Tracker (map)

Count Activities

Choose an activity: **Walking**

Walking	876 Steps/10 min
Aerobics-high impact	1,760 Steps/10 min
Aerobics-low impact	1,320 Steps/10 min
Badminton (Competitive)	1,749 Steps/10 min
Badminton (Recreational)	1,375 Steps/10 min
Baseball	625 Steps/10 min
Basketball	2,000 Steps/10 min

Update Your Weight

Enter weight: Pounds

Tracker

Friday Hydration

0 Glasses of Water

Participants may use the Fit Bit or Google Fit to sync with the OYOH system that will automatically credit your account with steps and miles you accumulate. You must first download Google Fit app before syncing to the OYOH system.

Own Your Own Health has an app where you can enter steps called, “MyWell App” by Core Health that looks exactly like the website and will sync with the online site.



How to Sync the MyWell App

Step One: Download the MyWell by Core Health app to your smart phone.

Step Two: Logon to your account with username and password. At the top of your Welcome page, click on your animated avatar and select “**Mobile Access**” and click “New.”

A code will appear. Then copy the code and put it into the app on your smart phone. Give it a minute or two to successfully sync with your device.