## Together, let's take the Billion Steps Challenge!

APHA's Billion Steps Challenge is an easy and fun way to promote good health and physical activity in our community. That's why El Dorado County is participating in the challenge for the third year and encouraging residents to walk, roll and get moving. The challenge begins Tuesday, January 1<sup>st</sup> and goes through Monday, April 7<sup>th</sup>. Last year, Walking to Well Dorado teams collectively walked over 45 million steps. This year, we've set the goal at 50 million steps.

Below are step-by-step instructions for participating in the challenge and joining the Walking to Well Dorado Team. If you have any questions, please email: walkthetalk@edcgov.us.

## APHA's Billion Steps Challenge – Get Started

- 1. To participate in the 1 Billion Steps Challenge, create a MoveSpring account to track your progress:
  - a. Open the MoveSpring app (available at Google Play or the App Store), or use the web version.
  - b. Click the blue button "I'm new to MoveSpring. Sign Up Now".

MoveSpring is a new app, so you'll need to create a new account even if you participated in a previous APHA Billion Steps Challenge. You'll need to agree to the MoveSpring Terms of Service and Privacy Policy and allow MoveSpring to access your activity data.



2. Enter the organizational code "APHA2019" and click "Sign Up"







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3. Confirm your organization by clicking "Confirm".



4. Sign Up For MoveSpring by completing three steps.

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5. Once you've completed all three steps, you'll be defaulted to your personal dashboard. From your dashboard, under Your Groups, click the green button **"+ Join a Group**".



6. Click the green button "+ Join".

Dashboard 🗲 Join a Group	
Jan 1-Apr 7 <b>2019 APHA Billion Steps Challenge</b> 31 PARTICIPANTS	

7. Click the green button "Join group".



8. Once you click "Join group", click the green button "Go to Dashboard".





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9. On your personal dashboard, under "Your Groups", click the green button "Join a Team".



10. Enter "Walking to Well Dorado" in the search bar and click 🕢

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## 11. Click "Join Team".



12. Click "View team page".

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Successfully joined team! Get ready for your challenge. It starts soon.	
Done View team page	

13. Congratulations and welcome to the team!

Throughout the competition, be sure to log into your MoveSprings account, check your personal dashboard and chat room.

MoveSprings: <u>https://app.movespring.com/</u>.

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