

APHA Keep It Moving Winter 2023 Challenge

JANUARY 1 - APRIL 9TH

TO JOIN:

1. Download the APHA Move app (Scan QR Code below)

2. Launch the app and set up your Challenge account:

- Complete the in-app registration process.
- Join our team: **Jefferson County Wellness Warriors**
- Pair your step tracker.
 - Track steps on your smartphone by pairing with Apple Health on iOS or Google Fit on Android (make sure the Apple Health or Google Fit app is activated on your phone before pairing).
 - The Challenge app also tracks step data from Fitbit, Garmin, and Apple Watch.

3. Start Moving!

- To sync your activity data to the app, select "Tap to sync steps" at the top of the Summary screen.
- Note that your steps will only count from the time you pair your activity tracker.
- Remember to sync your step data at least once every 24 hours and before the Challenge ends to make sure all your steps count!

BONUS ACTIVITIES:

To support your Challenge goals, scan QR codes at various locations for step bonuses and log fitness activities other than walking for step equivalent credit. Once the Challenge has started, press the Bonus Activities selector in the Keep It Moving Challenge app and choose:

Scan-In: Using the in-app viewer, scan the QR codes at the following locations

- **NPHW.org**: Locate the QR code on the NPHW.org page and scan-in weekly (up to 14 times) for a **1,000-step bonus** during the Challenge.
- **Keep It Moving**: Locate the QR code on the Keep It Moving page and scan-in weekly (up to 14 times) for a **1,000-step bonus** during the Challenge.
- **Challenge Email**: Look for the QR code in the 3 update emails sent to participants during the Challenge and scan-in for a **1,000-step bonus**.

Activity Log: Work your way up the Challenge Leaderboard by engaging in various fitness activities in addition to walking. Activities range from gardening to stretching, cycling to swimming, and aerobics to using a manual wheelchair. Look up the activity in the Challenge app and log the time you spent doing the activity to receive the equivalent steps.



App Store

Scan this code
to download the
APHA Move app!



Google Play



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PUBLIC
HEALTH
WEEK

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION