

Step One: Register for Move More for Encore and create your own personal or team fundraising page.

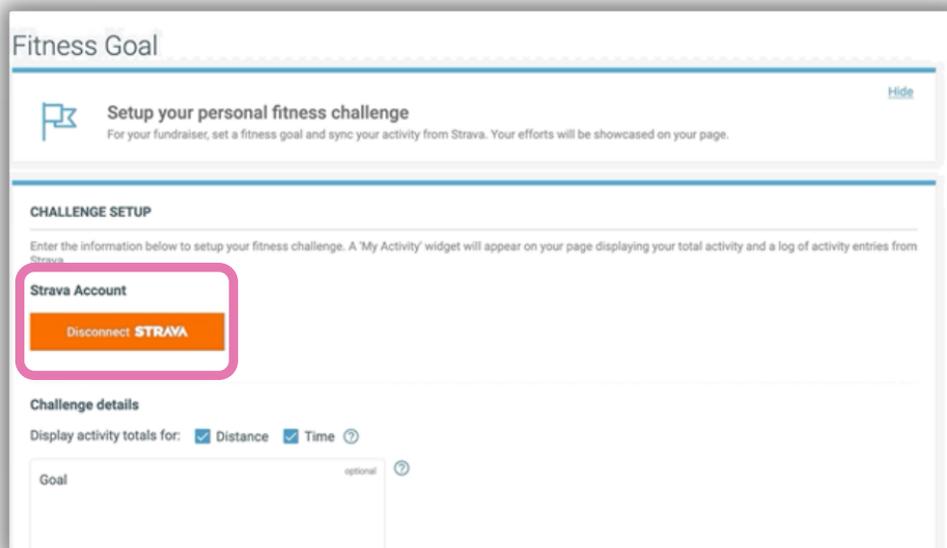
Step Two: On the left side of your Participant Centre, you will see a "Fitness Goal" header - click that to start integrating Strava into your personal or team fundraising page.

Step Three: Set up your Fitness Challenge by clicking the orange "Connect to Strava" button.

Step Four: A pop-up window will show up, please log in with your Strava account credentials or make your Strava account now. This includes an email, setting a username and password and verifying it's you!

Step Five: Once completed, you will see another pop-up window asking you to authorize raisin with your Strava account - click "yes" or "confirm" to authorize linking your accounts.

Step Six: You will be taken back to the Participant Centre upon completion. **TIP:** If you see an orange "Disconnect from Strava" button, that means you did it right and you are all set to start tracking your activity and movement!



Step Seven: Scroll down and set your fitness challenge goals. You can set a distance or time related goal and pick a timeline to complete it by. If you are a Team Captain, you can create goals for your entire team. And that's it! You did it.



How to Download the Strava App

Step One: First you will need to install the app through your app store on Apple or Android.

Step Two: Once installed, visit the app and login with your credentials or create your Strava account through here!

Step Three: Press record on the bottom of your screen (it's in the middle!), to start tracking your progress! **TIP:** Make sure to stretch before doing any physical activity.

Step Four: Choose your activity on the bottom of the screen. You'll be able to choose from a number of activities.

Step Five: Hit record once you've warmed up and are ready to get those steps in.

Step Six: Once you've completed your activity, press "Finish". Strava will ask you to save your activity, you can fill in any additional info about your recent walk, run or ride.

Step Seven: And that's it! Once you've saved your activity on Strava, it will automatically show on your Personal/Team Fundraising Page.

For more information and troubleshooting, please email Cristina Lopes at: clopes@ywcahamilton.org

