

Cross Canada Fitness Adventure

Getting Started Guide

About the Challenge

Congratulations! By registering for the Cross Canada Adventure you are taking a positive first step towards experiencing greater health and wellbeing. Over the course of four weeks, you will track your daily activity and/or steps and race with your colleagues across Canada with the goal of achieving 10,000 steps per day.

How to Register

- Visit: <http://www.healthycommunity.ca/lifestyles/NSTUCCFA> and click on “Sign Up”
- You will be asked to read and agree to the CoreHealth™ Technologies Inc. End User Agreement to proceed.
- If prompted, enter the registration code **NSTUCCFA** and click on “Save”.
- Enter a User Name and choose a password. The User Name will become your login ID and your password will be required every time you want to access the challenge website. Complete the remaining profile form fields.

Personal Avatars

You can choose an avatar from the default list available. Your avatar will appear next to your nickname on the challenge progress page, team page, message boards and buddies list. To change your avatar at any time, select “Update Profile” from the user menu found in the top right hand corner of the challenge site.

How do I track my activity or steps?

Activity can be tracked in two ways - you can count steps or you can count activity. If you wear a pedometer regularly, then tracking your steps may be a great option. Simply choose the date (you can “back date” but not date in the future) and enter the number of steps for that day and click 'add.' Alternatively, if you are a FitBit user you can sign into your own account through the Widget located on the home page. The website will pull your FitBit steps data over once/day and add this to your total step/activity data for the challenge.

Tracking Your Activity or Steps Continued:

If you don't wear a pedometer or a FitBit, you can choose from a list of activities. Just enter the time spent doing that activity and click 'add.' All activity is converted into a number of steps, depending on what activity you did and for how long you did it. Don't forget to add things like shopping and housework. They count too!

Posting a message on the message boards

The message board is a place for you to talk with and hear from your fellow Challenge participants. This is a great place for you to post articles, pictures and share personal stories and experiences in your wellness journey. You can access the challenge message board by clicking on the message bubble icon in the “My challenges” box or “show more” from the Message Board box on the Social Page.

Challenge Rankings:

To see your overall progress in relation to the other participants of the challenge, click on the link “Cross Canada Fitness Adventure – NSTU 2023” listed in the “My Challenges” box on the main page.

Events:

You can submit an event that you want to share with your colleagues, such as a 5km race or a wellness fair, by clicking on a date in the Event Calendar found on the Social Page. You then must complete the event submission form; including the title, event details, date, and time and click save to submit your event for posting. Please note that all events require approval so you may not see your event posted immediately.

Visit www.healthycommunity.ca/lifestyles/NSTUCCFA to track your activity

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Frequently Asked Questions:

It's past the start date, can I still join the challenge?

Yes, please do.

The map across Canada is over 8,000 km. Am I expected to go this distance in the timeframe given?

This challenge is a hypothetical walking challenge across all of Canada, going from the East to the West. The map scale is changed to allow you to get across Canada in the timeframe provided.

I don't see my activity listed in the drop-down list. What should I do?

Although it's quite an exhaustive list, you may do an activity from time to time that is not in the activity list. Simply use your judgment and pick an activity that you think is similar to the activity you participated in. For example, you may have taken an hour to wash your car. You could probably put that hour of activity under 'housework.' You may have done an intense P90X workout. You could probably enter that under high impact aerobics or strength training.

What does "My progress" show?

"My progress" shows the steps you've taken today, the total steps you've taken since you began tracking steps on the site and the total distance (km) you've travelled with your total steps.

How can I see if my activity or steps were entered correctly or entered at all?

If you added activity, your progress should increase automatically. If you would like to see detailed information of all your entries, double click the small clock beside the word 'Add' on either the steps or the activity counter. They will show the same thing.

I put in the wrong information, or duplicate information. How do I delete it?

You can delete steps and activity from your step/activity progress by placing a minus (-) sign in front of the number of steps (if using the steps counter) or the number of minutes (if using the activity counter). Select the date that you wish to remove the steps/activity from (as well as the activity, if using the activity counter), click on the "Add" button and then click on "OK" to remove those steps or activity from your progress.

The system isn't letting me put in all of my activity per day.

There is a limit of 4 hours of activity per day put on the system.

Challenge Support:

If you have any questions regarding the challenge, please refer to the Frequently Asked Questions (FAQ) in this document or send an e-mail to: challengesupport@homewoodhealth.com

Challenge Rules

- You can enter your activities daily or up to 7 days previous (you cannot track ahead).
- It is recommended that you log your activities on a daily basis if possible.
- Logging your activity is done on the honour system. You are the judge when it comes to deciding if your activity deserves to be counted, or not.
- Most importantly - have fun!

Visit www.healthycommunity.ca/lifestyles/NSTUCCFA to track your activity