

What's Your Balance?

Physical Activity Challenge

Walk on over to [UWALK](#) to join us for our What's Your Balance? Physical Activity Challenge.

This July we are getting a taste of the many beautiful trails Alberta has to offer by virtually walking parts of them. There are two challenges to choose from – one for novice walkers and one for experienced walkers. Join with a colleague, family member or challenge your entire team to participate!

How do I join?

- 1) Sign into your [UWALK](#) account or [sign-up](#) for an account.
- 2) Join a [What's Your Balance? Featured Challenge: A Taste of Alberta's Trails \(Novice Step Goal\)](#) or [A Taste of Alberta's Trails \(Experienced Step Goal\)](#). The challenge runs from July 9th to 31st.
- 3) Start stepping! Track your activity on UWALK and enjoy the trek across Alberta.

We want your feedback! The UWALK team is currently working to improve the UWALK experience for users and are in the process of updating the site. We would like to hear about your experience using UWALK and encourage you to email us at UWALK@ahs.ca.

How to join and use UWALK

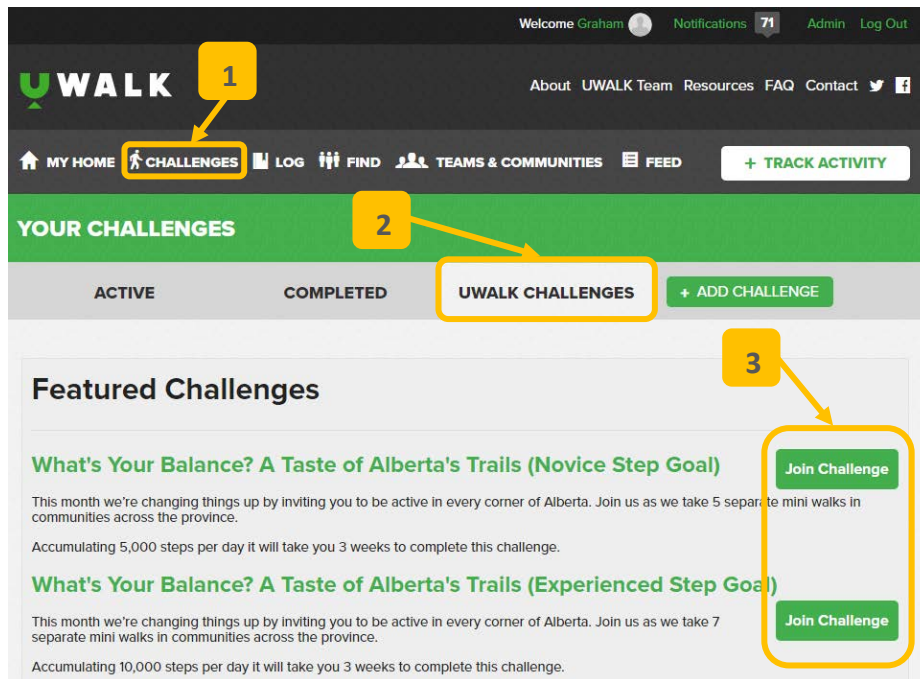
UWALK is a free, interactive website where you can track your physical activity and compete in challenges with friends, family or coworkers. The website makes it easy for you to log your physical activity manually by entering steps or minutes of activity or by syncing to your activity monitor.

STEP 1: SIGN UP FOR UWALK

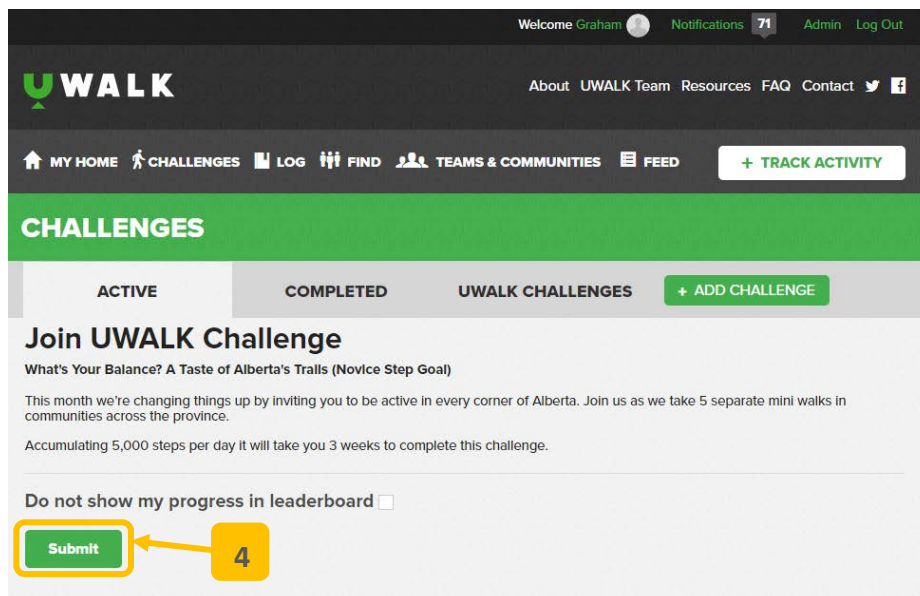
Click [here](#) to sign up for a UWALK account.

STEP 2: JOIN THE WHAT'S YOUR BALANCE? FEATURED CHALLENGE

1. Click *Challenges*.
2. Click *UWALK Challenges*.
3. Join a What's Your Balance? Featured Challenge by clicking *Join Challenge*. You can sign up for either *A Taste of Alberta's Trails (Novice Step Goal – the aim is to walk an average of 5,000 steps per day)* or *A Taste of Alberta's Trails (Experienced Step Goal – the aim is to walk an average 10,000 steps per day)*. The challenge runs from July 9th to 31st.



4. Click *Submit* to join the challenge (you will have the option to exclude yourself from the leaderboard by checking the appropriate box).



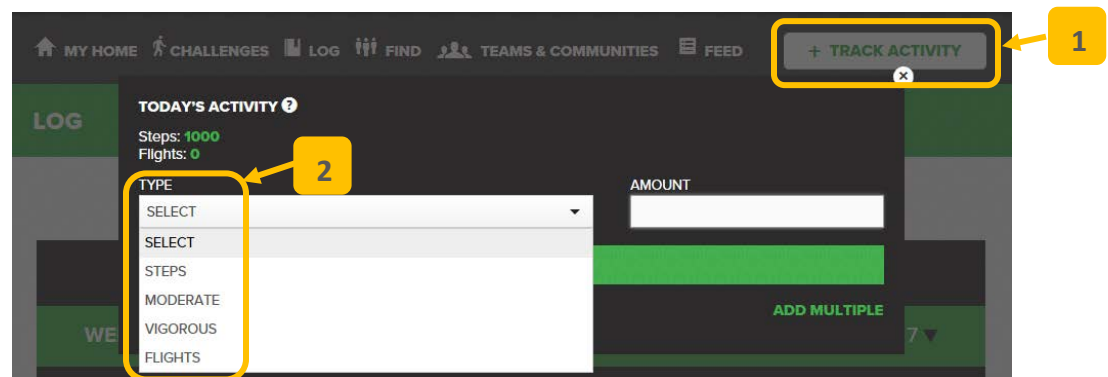
5. Check your challenge progress by returning to the *UWALK Challenges* page (Step 2) and clicking *View Challenge* (Step 3, previously the *Join Challenge* button).

STEP 3: TRACK YOUR ACTIVITY

All activity counts! You can track activity in steps or in minutes of moderate-or-vigorous-intensity physical activity and UWALK will translate these minutes into steps. You can track your steps using any activity monitor (pedometer, your phone, etc.) and then enter them on UWALK in two different ways (see OPTION 1 and OPTION 2 below). If you use a Garmin or the Moves App, you can sync it to automatically upload your steps to the UWALK website. See Step 5 below for instructions on syncing your device or app.

OPTION 1

1. Select *Track Activity*.
2. Select the type of activity you want to track and then enter the amount you have completed today.



OPTION 2:

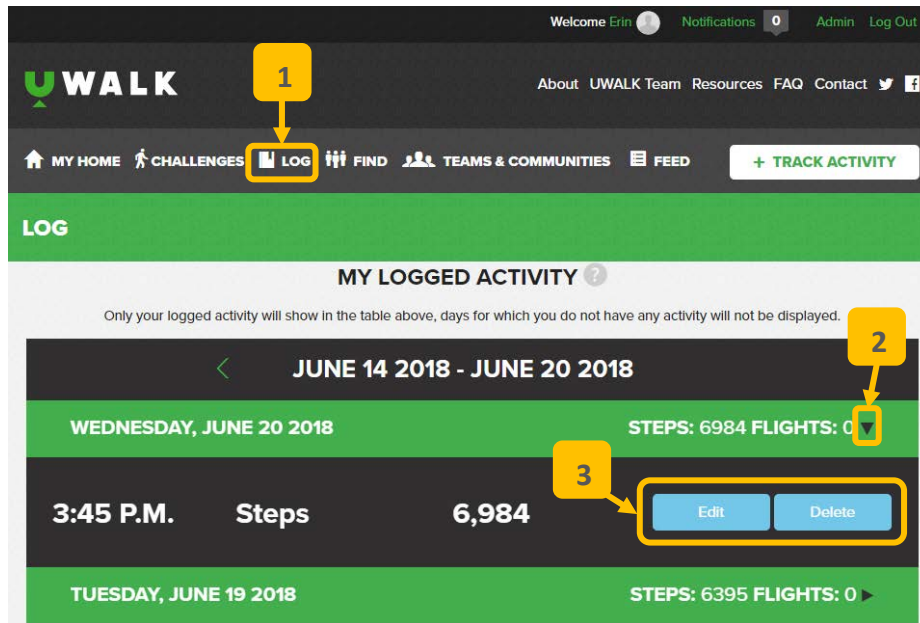
1. Click *Log* and scroll down the page to the *Log Your New Activity Table*.
2. Enter your steps and/or minutes of moderate-and/or-vigorous-intensity physical activity into the boxes for the corresponding days.
3. Scroll down and click the *Save* button.

The screenshot displays the 'LOG YOUR NEW ACTIVITY' section of the UWALK website. At the top, the navigation bar includes 'LOG' (1) and '+ TRACK ACTIVITY'. Below this, a green bar reads 'LOG'. The main heading is 'MY LOGGED ACTIVITY' with a help icon. A note states: 'Only your logged activity will show in the table above, days for which you do not have any activity will not be displayed.' The section is titled 'LOG YOUR NEW ACTIVITY' and shows a calendar for 'LAST 7 DAYS' from 'JUNE 14 2018 - JUNE 20 2018'. A table with columns 'DATE', 'STEPS WALKED', 'MODERATE ACTIVITY (MINUTES)', 'VIGOROUS ACTIVITY (MINUTES)', 'DAILY STEP TOTALS', and 'FLIGHTS' is shown. The 'Today' row (06/20/2018) is highlighted with a yellow box (2). At the bottom, a 'SAVE' button is highlighted with a yellow box (3), along with an 'EDIT MONTHLY STEPS' button.

DATE	STEPS WALKED	MODERATE ACTIVITY (MINUTES)	VIGOROUS ACTIVITY (MINUTES)	DAILY STEP TOTALS	FLIGHTS
Today 06/20/2018	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Yesterday 06/19/2018	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Monday 06/18/2018	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sunday 06/17/2018	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Saturday 06/16/2018	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Friday 06/15/2018	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Thursday 06/14/2018	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

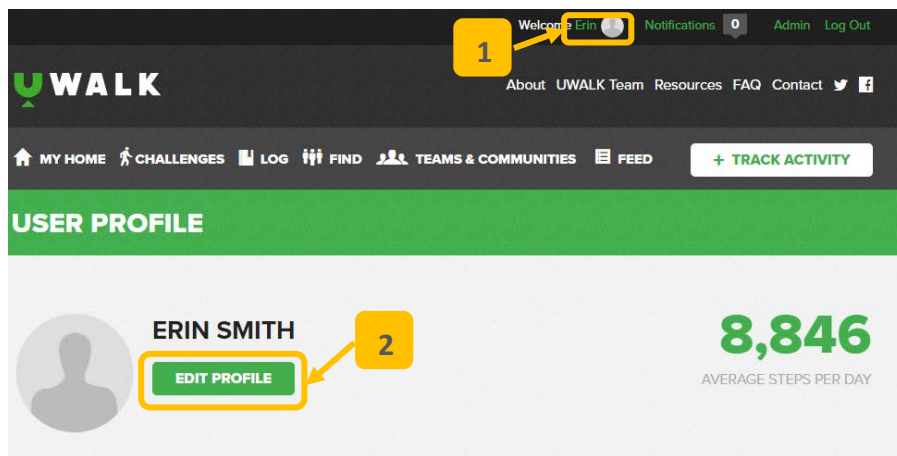
STEP 4: EDIT YOUR ACTIVITY

1. Click on *Log*.
2. In *My Logged Activity* Table click on the arrow on the day you would like to edit.
3. Your logged activity will drop down and you can edit and delete as needed.



STEP 5: EDIT YOUR PROFILE

1. Click on your name in the top right corner of the screen. This will take you to your personal profile.
2. Click *Edit Profile*. Here you can add a picture, change your notification settings and change your pre-set goals. This is also where you can connect your activity monitor.



Contact UWALK@ahs.ca if you require additional assistance. Please note that UWALK functions best in Google Chrome.