



HOW TO PARTICIPATE

in the Step It Up Challenge

September 2019

Sign up for Lorain County Walks

1. Visit Walks.LorainCountyHealth.com and click on *Join Today!*
2. Fill out the registration questions and click "Register."

Track your steps

With a pedometer or other device

- Log in to Lorain County Walks
- Find the "Add Daily Steps" option on the right-hand side
- Enter the date and type in the steps you walked. Then click "Enter steps."
- Share the distance you've walked on social media, or just see how you compare to the rest of the community.
- Follow the above instructions every day to track your steps.

With a FitBit

- Log in to Lorain County Walks.
- Click on the "Connect your Lorain County Walks account to FitBit" button on the right.
- Follow the instructions on the page.
- Your FitBit device will automatically send your steps to Lorain County Walks every day.
- Log in whenever you want to check your progress.

Join the STEP IT UP Challenge

1. Log in to Lorain County Walks.
2. Click the "My Challenges" tab at the top.
3. Click "Join Public Challenge."
4. Choose the "Step It Up Lorain County" challenge.
5. Choose your worksite's team and click "Submit."



**Lorain County
Public Health**

For the Health of Us All

For more information on how to make it easy for your employees to stay healthy, contact Lorain County Public Health at 440-322-6367 or visit LorainCountyHealth.com



FAQS

for the Step It Up Challenge

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My steps aren't syncing from my FitBit to Lorain County Walks- what do I do?

Make sure the Fitbit app is refreshed on your mobile device. It may take 24 hours for steps to sync with Lorain County Walks. If steps still are not syncing, contact stillie@loraincountyhealth.com.

How can I purchase a pedometer?

You can find pedometers at many retail locations (such as sporting goods stores) or online. Lorain County Public Health also sells pedometers for \$10. Purchase pedometers at 9880 Murray Ridge Rd. in Elyria, Monday through Friday from 8 a.m. to 4:30 p.m. We can also ship pedometers to your location for an additional \$1.50. Call 440-322-6367 while supplies last.

How do I calculate my steps when I am in a workout class or riding a bike?

Use the Activity Translator on the Lorain County Walks home page to calculate your steps based on activity and duration of that exercise.

I have some health problems, can I still join?

Always check with your physician before starting any exercise program. They will know if it is safe for you to exercise and guide you on how to get started.

The system won't let me log in! What's going on?

Make sure you're entering your username when you log in, **not** your email address. If you are still having issues, please contact us and ask for the Health Promotion Division.



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