

AMAZING AMERICA TEAM FITNESS EXPEDITION



SEPTEMBER 26—NOVEMBER 4th, 2011

Travel virtually from a lobster dive on the east coast to Yosemite National Park, clear to salmon fishing in the mighty Pacific. Experience this cross nation expedition and enjoy our Nation's splendor. All you have to do is find a team and track your daily physical activity. Create or join a team of 3-5 and join the Amazing America TEAM Fitness Expedition. Reach milestones along the way by the target date to be entered into a random draw for a USB pedometer! Average 10,000 steps/day to complete the challenge by Nov. 4th and be entered into a prize drawing for a healthy lunch!

FOLLOW THESE DETAILED INSTRUCTIONS TO GET STARTED!

STEP 1: If you are a first time user, you must join the Kentuckiana Metro on the Move first.

- Visit www.khcollaborative.org.
- Click the "Kentuckiana Metro on the Move" logo on the top right of the Home page (see logo above).
- Once on the Kentuckiana Metro on the Move (KMOM) website, click "Join Today!"
- If you agree to the terms of the website, scroll down and click "Agree."
- Complete the user profile. Select your workplace/organization. Click "Save." If you wish to remain anonymous, choose a nickname unrecognizable to others or leave the nickname field open.

STEP 2: Join or organize a TEAM for the Amazing America TEAM Fitness Expedition.

- Join a team that already exists.
 - ⇒ Once logged into the KMOM website, click "Workplace Teams" and search "All" teams.
 - ⇒ Find the team of your choice, and click "Join Team."
 - ⇒ Your team captain must join the Amazing America TEAM Fitness Expedition for your team to be enrolled.
- Create your own team.
 - ⇒ Once logged into the KMOM website, click "Workplace Teams," and click "Create A Team."
 - ⇒ Complete the "Team " profile with the following:
 - ◇ Type in the name of your team.
 - ◇ You may leave "Choose a Challenge" empty, if you would like this team to compete in future or multiple challenges.
 - ◇ If you would like anyone from your workplace/organization to be able to join your team, select "Public." If not, select "Private" and select a password
 - ◇ Select whether you are a member of the team.
 - ◇ Select whether you would like a message board.

STEP 3: Add your activity or steps daily or weekly!

Track your activity or steps each day of the challenge. A pedometer is the best way to track steps. You may enter your activity daily or can wait to do it weekly by changing the date to add past activities. If you make a mistake, please simply add whatever activity or step you added incorrectly on the same date with a minus sign in front of it and clicking "Add." Example: -10,000 steps

STEP 4: Prize Eligibility!

Teams averaging 10,000 steps/day and arriving at prize milestones by 10/5, 10/15, & 10/25 will be entered into drawings of USB Pedometers. Teams completing the challenge by Nov. 4th will be entered into a drawing for HEALTHY team lunch! You have one day after these TARGET dates to update your steps for eligibility.

***Consult your physician before starting a new exercise or weight loss program.**