LET'S MOVE®
FOR A BETTER WORLD
14th – 31st March 2023

How do your members collect MOVEs

Users can collect MOVEs that contributes to the Initiative in the following ways:

- **The User can train on cardio or strength machines connected to the mywellness® cloud** either directly from the Internet enabled equipment or via a Technogym® device (the Technogym key or mywellness band) when it is plugged into a mywellness® cloud kiosk.
- **The User can train in Technogym digital class solution**: TEAMBEATS™, GROUP CYCLE, SKILLROW, SKILLRUN, SKILLBIKE, TECHNOGYM BIKE and TECHNOGYM RIDE.
- **The User can collect MOVEs by using Heart Rate devices connected to the Mywellness mobile application**, either standard or custom, and/or to the Technogym™ mobile App.
- **The User can collect MOVEs from activities outside the Facility** using the GPS functionality in the Mywellness mobile application, either standard or custom, and/or to the Technogym™ mobile App.
- **The User can collect MOVEs from activities outside the Facility using 3rd party GPS applications** or devices connected to the Mywellness Cloud account and/or to the Technogym™ App account.
- **The User can collect MOVEs from the Technogym™ mobile App** by training in Technogym sessions and Technogym routines with or without the use of any Heart Rate devices.
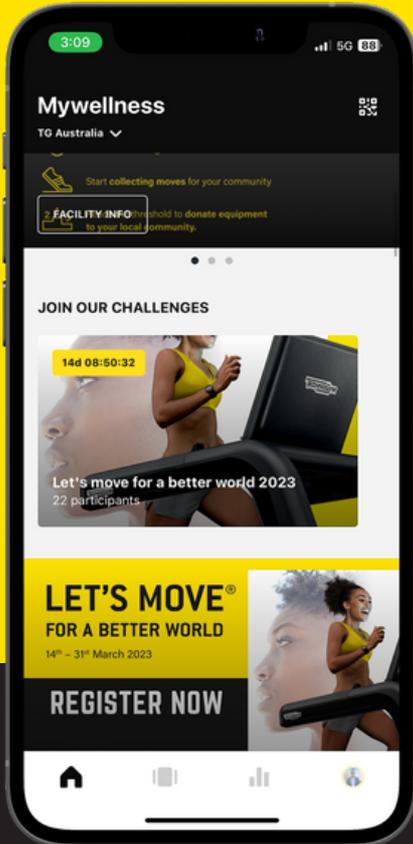
**MOVEs collected from activities manually uploaded will NOT count towards the Initiative.
** The maximum number of MOVES per day (not per workout) accepted by each User that have subscribed to the Initiative is 2.000 MOVEs.
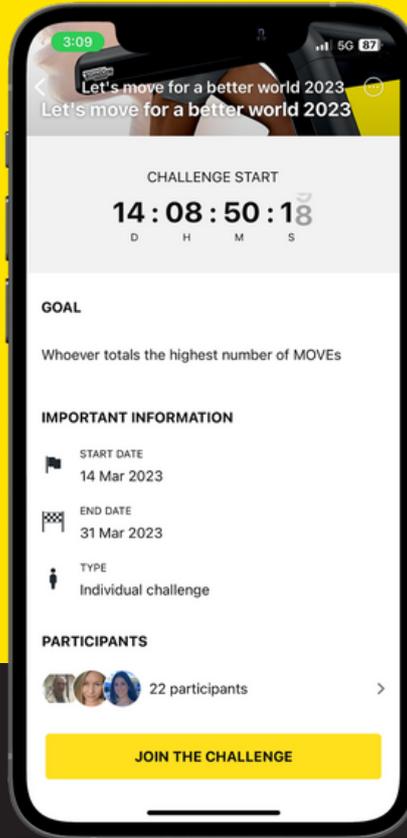
How do members join the Challenge?

STEP 1:
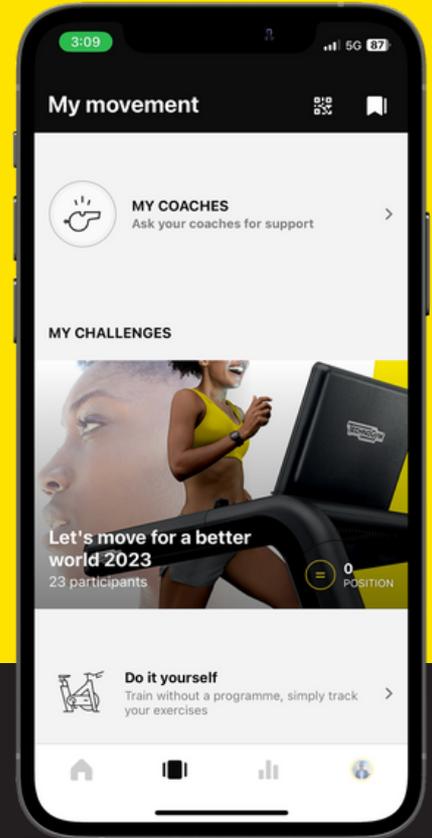Open Mywellness app and find the Lets Move Challenge on the home screen

STEP 2:
Click on the Challenge tile and select 'Join the Challenge'.

STEP 3:
You can now view the Challenge under the 'My Movement' tab

Ideas to maximise Challenge Engagement?

- Invite your chosen benerficiary to participate in the Challenge at your facility
- Create mini challenges for each week eg. Wk 1: Max Run KM's, Wk 2: Max Bike KM's
- Encourage all members to log onto connected Technogym equipment
- Encourage members to log outdoor walks/runs/rides via the Outdoor Activity Tracker in Mywellness
- Create Workouts of the Day for members to complete with connected Heart Rate Devices
- Encourage members to track their walks to work/gym/lunch breaks via the Outdoor Activity Tracker
- Create internal challenges (e.g. staff vs staff, GF team vs Gym team)
- Promote your facility leaderboard on facility TV's

- Review the 'Daily Plan' within the Lets Move toolkit for further ideas

Frequently Asked Questions

- **What is a MOVE?**

The Technogym® MOVE is based on body displacement in space, therefore it offers the best means to measure and compare participants' activity levels during the Campaign. The faster and more often people move, the more MOVEs they collect.
Scan the QR code to see a 1 minute MOVES explainer video.

- **How to collect moves in Group Fitness Classes**

Group Fitness classes booked through Mywellness **will not** automatically generate MOVES for this Challenge - the user must start a 'Workout' within Mywellness with a Heart Rate monitor device connected for Group Fitness classes to add to their MOVES Challenge tally.

The following page provides a guide on logging GF Classes towards the challenge.

- **Do workouts completed within the Mywellness app count?**

Only Workouts of the Day, Featured Program workouts, or Prescribed workouts count towards the challenge, and only when paired with a Heart Rate montior.

- **Do Workouts completed on Technogym equipment count towards the challenge?**

Yes - logged in workouts completed on connected Technogym equipment will connected towards the challenge.

What does not count?

- Workouts completed via third party devices / applications - Apple/Apple Watch, Samsung, GoogleFit, Fitbit (non-GPS tracked workouts)
- Any workouts logged via Apple Watch
- Lifestyle activity collected through third party devices such as Steps and daily activity
- Manually tracked workouts in Mywellness
- Prescribed workouts completed without Heart Rate monitor
- Completing workouts on connected Technogym equipment without logging on
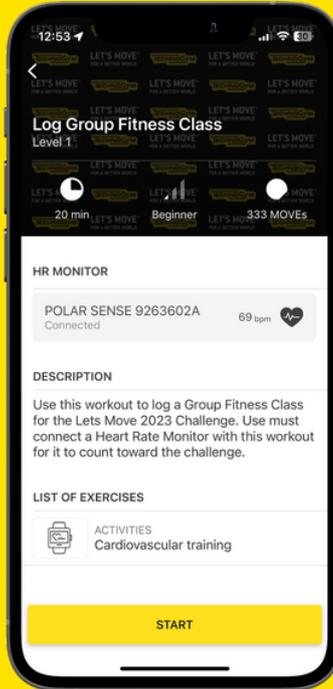
Logging Group Fitness Classes Guide*

STEP 1:
Select 'Log GF Class' Workout of the Day
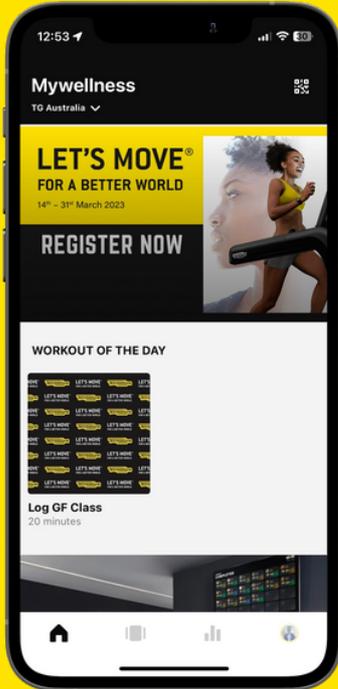
STEP 2:
Ensure HR device is connected before selecting 'Start' workout
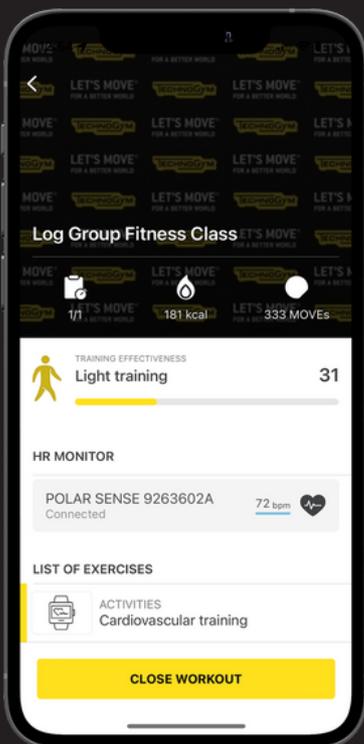
STEP 3:
Select 'Start' at commencement of class, and 'Done' when completed.

STEP 4:
Once class is completed, select 'Close' and save workout.

*Group Fitness Class Logging

- **Classed booked through Mywellness timetable will not automatically log moves towards the challenge**
- **A user must commence a programmed workout / workout of the day with a connected HR device for class moves to collect and count**
- **The operator must create the Workout of the Day to support GF Class logging**
- Operator requires 'SELF' functionality to create Workouts of the Day.

Please work with your Digital Specialist for further support.