American Stroke Association®
A division of the American Heart Association.
CycleNation™

CYCLENATION MOVE MORE CHALLENGE

We could all use some help to move more and stay in touch. The CycleNation Move More Challenge will get you moving while protecting the hearts you love.

Encourage Movement

Relieve Stress

Connect Teams

Raise Lifesaving Funds

HOW IT WORKS

READY
Register for a CycleNation event and download or update your CycleNation app.
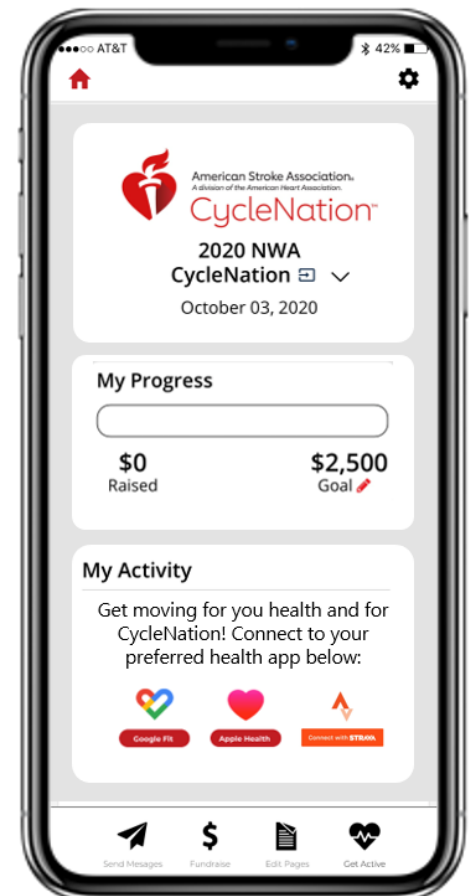
SET
CycleNation continues the tradition of cycling, the heart of our event, however, this year you get to "define" your ride with our new physical activity tracker conveniently located in your CycleNation app!

Go beyond the bike and manually track minutes spent on any type of physical activity, giving you more ways to participate and define your ride.

Ask your network of family and friends to support you and the mission of the American Heart Association.

CELEBRATE
Keep an eye on your leaderboard. Top movers and fundraisers will be recognized!

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2020 NWA CycleNation
October 03, 2020

My Progress

$0
Raised

$2,500
Goal ✏️

My Activity

Get moving for you health and for CycleNation! Connect to your preferred health app below:

Google Fit   Apple Health   Connect with STRAVA

Send Messages   Fundraise   Edit Pages   Get Active

Raise funds and raise heartbeats

Simply download and GO!

GET IT ON Google Play

Available on the App Store

TOP TIPS FOR A WINNING MOVE MORE CHALLENGE

Ready to get a step ahead? Here are some ways to make your company's Move More Challenge a BIG success.

SET A GOAL
Rack up the minutes with a company goal. The AHA recommends 150 minutes per week. Imagine how many hours of heart-healthy activity you can accomplish together!

RECRUIT PARTICIPANTS
Make sure all your Team Captains and Riders are recruited before Move More Challenge begins and they have downloaded the CycleNation app so their minutes count!

MAKE A MATCH
Inspire your team to log more minutes with a company Minutes Match, for example, $1 for every 10 minutes.

SPREAD THE WORD
Get everyone in the game! Teams can get healthier together AND stay connected.

START AT THE TOP
Sign up your CEO and other executives. If your company leaders are involved, your employees are more likely to be involved too.

CHEER THEM ON
Send a weekly email to congratulate all your participants and update them as your company climbs the leaderboard.
(And watch everyone's competitive spirit come out!)

CYCLENATION ACTIVITY TRACKER

NEW! The CycleNation app can now track your minutes right from your phone during this year's Move More Challenge!

DOWNLOADING THE APPLICATION

If you DO NOT already have the CycleNation App: Navigate to your Apple or Google App Store and search for "CycleNation"
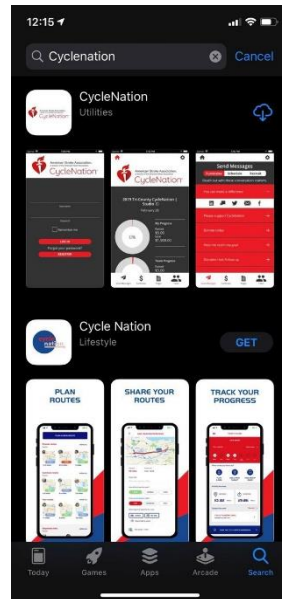
If you DO already have the CycleNation App: Navigate to your account to update current apps and Click "Update"
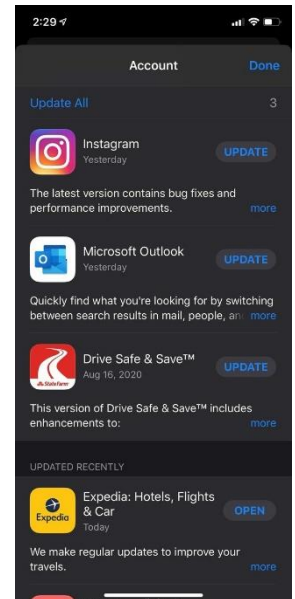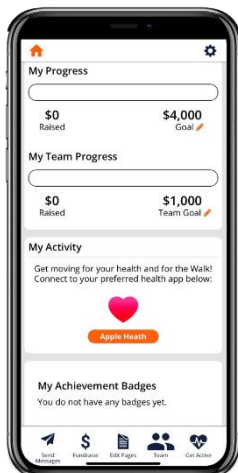

CONNECTING YOUR APPLE OR ANDROID DEVICE
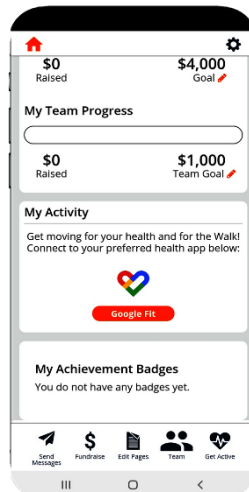### *with Apple Health, Google Fit or Strava*

Apple
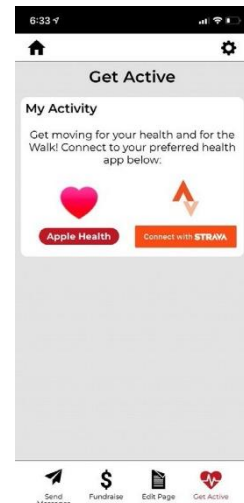Click on Apple Health

Google
Click on Google Health

Strava
Click on Connect with Strava

Android users may be required to download Google Fit.

CYCLENATION ACTIVITY TRACKER

Authorizing Boundless Motion to retrieve your activity data in the CN app. Navigate to Settings and turn on ALL categories

TRACKING YOUR PHYSICAL ACTIVITY!

You DO have an Activity Tracking Device

If your current tracking device, such as an Apple Watch or Garmin, is connected to either Apple Health or Google Fit, your historic mileage activity will automatically be retrieved in the CN app. You can also go beyond biking and manually track walking and running miles.

To track your Peloton miles - be sure to be connected through Apple or Google Health

You DO NOT have an Activity Tracking Device

You can record your cycling miles from within the CN app by clicking the green "Start" button. When you are done with your ride, you can press the red "Stop" button to save your workout. If you forget to track your mileage with a device, you can manually track miles from riding, walking or running. Click the "plus" button next to activities.

TECHNICAL SUPPORT

If you are having any technical issues within the app or the Activity Tracker our vendor, Boundless, is here to help directly through the app.

Navigate to the upper right-hand corner and click on the gear shift button. Scroll down and click on "Need App Support" You can then click on "New Support Ticket" to submit to Boundless.