



American Stroke Association
A Division of the American Heart Association.

CycleNation™

CYCLINATION 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

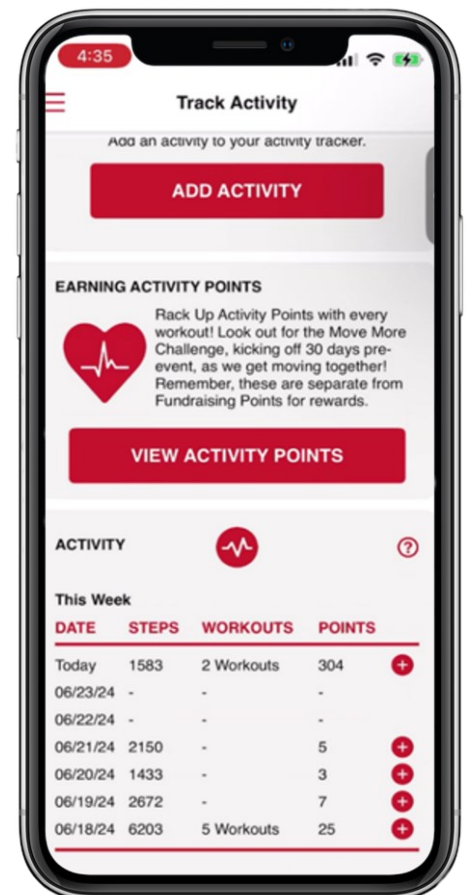
CycleNation continues the tradition of cycling, the heart of our event, however this year you get to “define” your ride with our new physical activity tracker conveniently located in your CycleNation app!

Go beyond the bike and earn activity points with 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!



**Raise funds
AND raise
heartbeats**

Simply download and GO!





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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 points with a company goal. The AHA recommends 150 minutes per week. Imagine how many heart-healthy activities you can accomplish together!



RECRUIT PARTICIPANTS

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



MAKE A MATCH

Inspire your team to log more activity with a company Minutes Match, for example, \$1 for every 10 activity points.



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

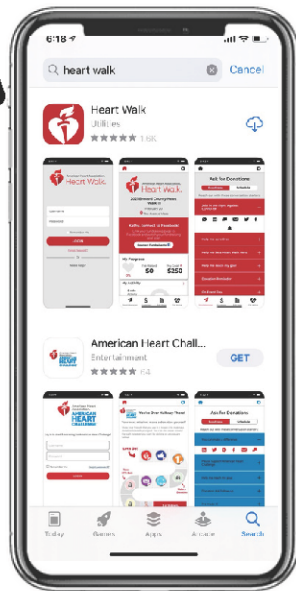
Send a weekly email to congratulate all of your participants and update them as your company climbs the leaderboard. (And watch everyone's competitive spirit come out!)

CycleNation Move More Tracker

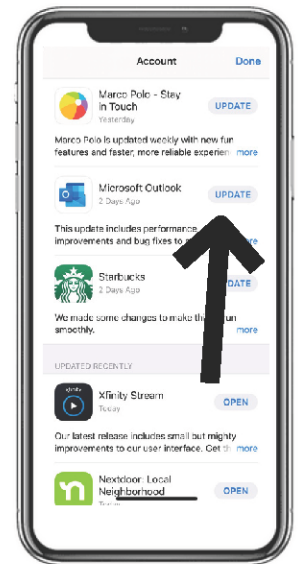
The CycleNation app has had a refresh! Please follow the steps below to ensure you have either the updated app or how to download the app. Please continue in this guide to learn how to connect your device and track activity.

Downloading/Updating the Application

If you **DO NOT** already have the CycleNation App: Navigate to your Apple or Google App Store and search for "CycleNation"

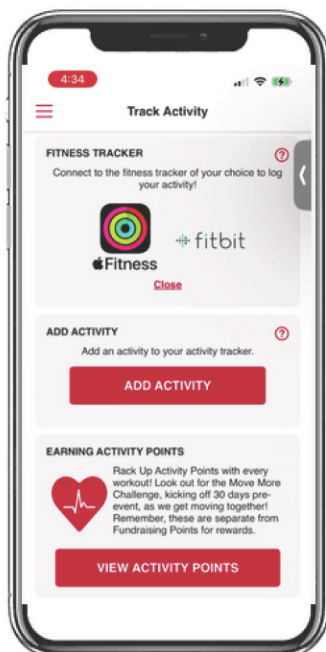


If you **DO** already have the CycleNation App: The app will update if you have automatic updates set up. If not - navigate to your account to update current apps and Click "Update"



Connecting Your Device to Track Activity

To connect your device you will navigate to the hamburger button and select Track Activity. Within the app you are now able to connect your device to track activity or manually track activity.



- Click on the icon of the tracker you wish to connect to through the CN app. (Apple Health, Google Fit & Fitbit)
- You will need to allow access to all activity from the selected application.
 - Be sure within the selected tracker application you allow it to share and sync with the CN app.
 - **(If you are unsure on this step please reference your smart phone guide or Google based off of the phone type and application you are syncing)**
- You are now connected and you will see the date you connected your tracker.

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Sync times may differ depending on the application. If you find your data is not syncing you will see an option to click Resync on the Track Activity screen.

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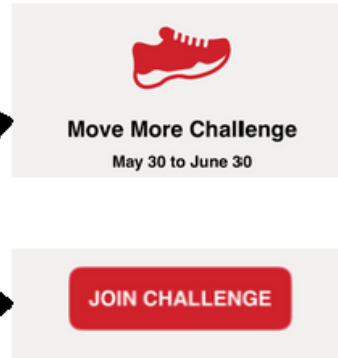
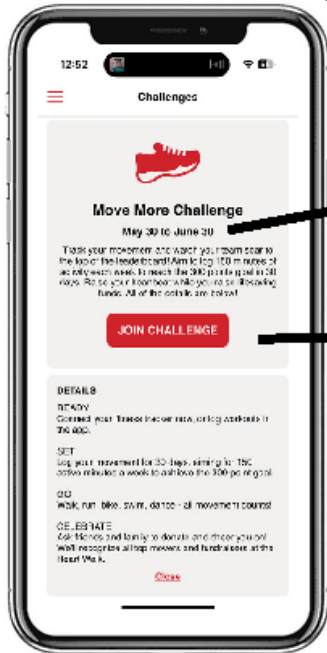
Garmin - Coming Soon!

CycleNation Move More Tracker

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Join the Move More Challenge

Navigate to the hamburger button and select Challenges. The challenge will go live 30 days prior to the event date. The date of the challenge will be visible on the Challenges screen.

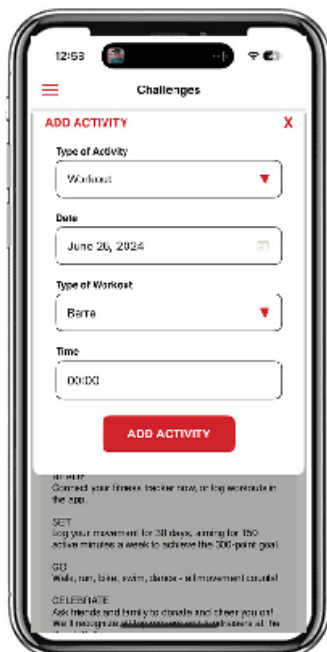


- Simply click on the red Join Challenge button.
- You are now participating in the Move More Challenge. You can either sync your data from your connected device or you have the ability to manually track any activity by clicking on the Add Activity button.

*****If you don't connect your tracker on the first day of the tracker it will pull in any prior activity for dates within the Move More Challenge*****

*****The activity tracker is based on points. The points will automatically calculate based on the activity & type of workout selected*****

Manually Tracking Activity

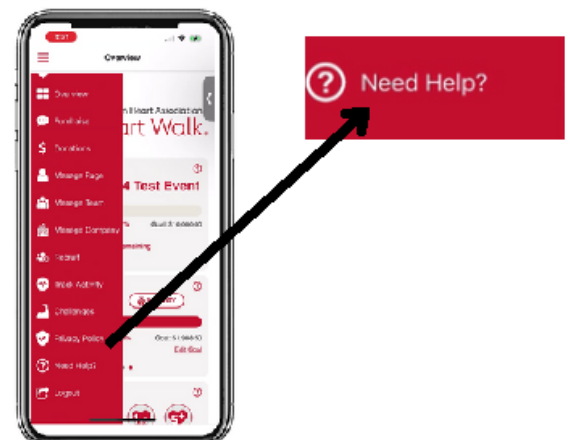


If you wish to use the app to manually track activity - please see the guidance below:

- Click on the red Add Activity button.
- Select the type of activity, date, type of Workout and duration of time.
- Click Add Activity

Troubleshooting

If you are running into any issues within the app you can navigate to the help section for assistance.



If you need additional assistance please reach out to your American Heart Association Representative.