

Facts & Questions

Why should I join this event?

By participating in this event, you are moving alongside hundreds of other participants who want to see everyone in the Halton and Hamilton region thrive. And, it will be fun! Track your movement minutes and contribute to our collective goal.

How does it work?

Step 1: Select the Sign up on the registration page, and follow the prompts to join a team, and create your personal fundraising page.

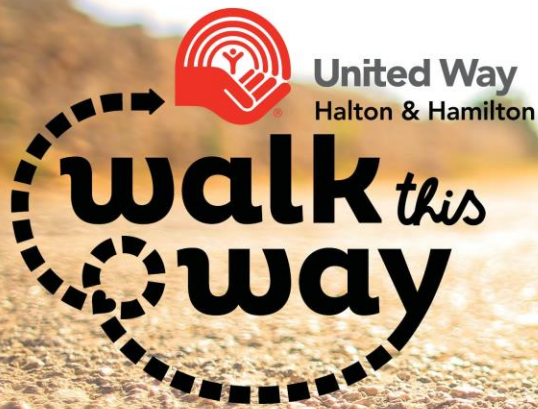
Step 2: Log in to your personal fundraising page on September 22nd, click the MoveSpring button now available on your page.

Step 3: Grab your mobile device and download the MoveSpring App from the App Store (iPhone) or Google Play (Android). If you don't wish to download the app on your device visit the [MoveSpring website](#) to sign up. You will be able to sign in to the MoveSpring app at a later time.

Step 4: Connect your [fitness tracking device](#) (for example Fitbit, Google Fit, or an Apple Watch). The app can track your movement throughout the event! Or select the manual entry to log your activity manually.

Step 5: From September 24 - October 4, open the MoveSpring app or visit the website to sync your data, or enter your total minutes manually.

Step 6: Complete an average of 30 minutes of exercise each day, and have fun!



Why is the challenge goal 266 minutes?

Move your body for 266 minutes - that's a minute for every frontline UW program that has provided critical services to thousands of friends, families, and neighbours in our communities.

Can I enter with my workplace or as an individual?

You can enter either way! If you wish to enter with your workplace team, visit the [Walk This Way webpage](#), select the sign up button, accept the waiver, and finally [join or create a team](#). If you want to participate as an individual, you can join our community team!

Can I walk with a group of colleagues, family members, or friends?

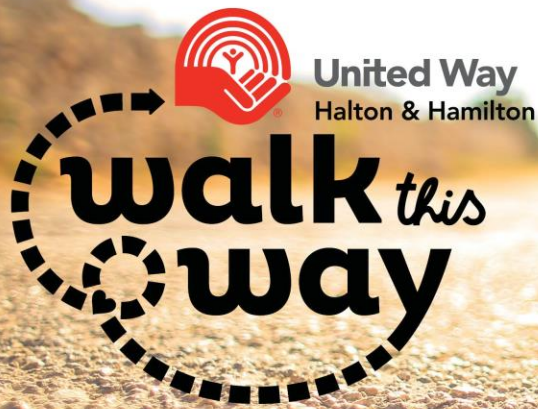
Yes! You can participate in the event together with your family, running group colleagues, etc. – just apart. If you choose to participate with others, please ensure you are following up to date public health guidelines and social distancing protocols.

How can I get ready for Walk This Way?

Registration for the event begins on August 9, 2021. Once you have registered for the event, join a team, and create your personal fundraising page. Download the MoveSpring app on your mobile device from the App Store (iPhone) or Google Play (Android). The MoveSpring app will be available on your personal fundraising page on September 22nd. Connect your fitness tracking device, and you'll be prepared to log your activity!

Where should I walk?

Choose your own adventure! Complete your walk around your neighbourhood, workplace, or public park. Walk anywhere you'd like, for as long as you'd like. It doesn't matter how fast you go.



How is this different from other charity walk events?

Walk This Way was created to show the power of what we can do when we come together even in the toughest of times. Contrary to an individual race, our focus is on collective achievement.

By exercising an average of 30 minutes a day alongside friends, family, or colleagues, you show that no matter how far you're able to go yourself, the power of working together towards one common goal is incredible.

Is there a cost to participate?

There is a \$20.00 registration fee for each participant.

How do I track my movement minutes?

You will connect your device to the event app through either your phone or fitness tracker to sync your movement and add to your overall goal of 266 minutes. Ensure you sync your progress each day from September 24-October 4.

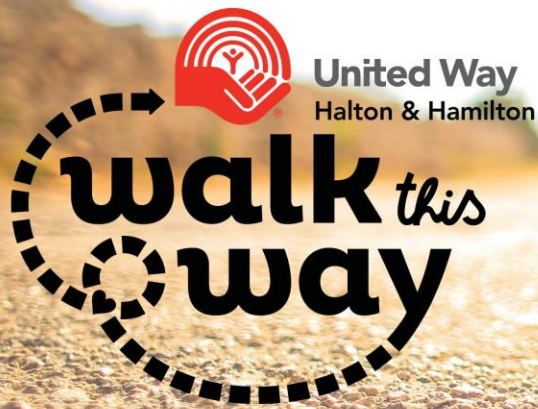
If you do not wish to connect, or don't have a device to sync, manual entry is available on both the mobile app and on the Walk This Way website.

How do I connect my device?

[Find your device here](#) and follow the directions to connect your device to your MoveSpring account.

What if I want to bike or something other than walking?

If you prefer to roll, stroll, cycle, dance, or play a sport you can still track your movement and activities. Our goal is 30 minutes of movement each day of the challenge – you can achieve this any way you like!



How does syncing work?

To sync activity data into your MoveSpring account you will need to open the MoveSpring app on your phone, or go to the [MoveSpring website](#), log in and click the green sync button on the top right. MoveSpring cannot sync your data if you do not open the MoveSpring app or website.

Apple and Google Fit users must sync steps from the app. This is because it connects to the Health app and Google Fit app directly.

For more detailed syncing instructions, including a video walk through, please visit this video from the [Help Center](#).

What if I cannot complete the 30 minutes of movement each day?

If you cannot, or do not wish to complete 30 minutes of movement each day, you can complete the goal any way you wish! Complete your movement minutes on your own time, just don't forget to log them afterwards!

How much do I need to fundraise?

Each participant is encouraged to fundraise a minimum of \$100.00.

Can I share Walk This Way on social media?

Yes! We encourage you to share your Walk This Way journey on social media – Please tag us at [@UnitedwayHH](#) if you do please use the hashtag [#LocalLove](#)

Ask your family and friends to support you by making a donation on your personal fundraising page!

If you have any additional questions, email events@uwhh.ca