






OneWellU Walking Program Instructions

The latest OneWellU walking program can help you to keep on track with your physical activity goals. This free 8-week walking program will also provide you with opportunities to win weekly prizes as a reward for your commitment to moving more.

Walking has many benefits:

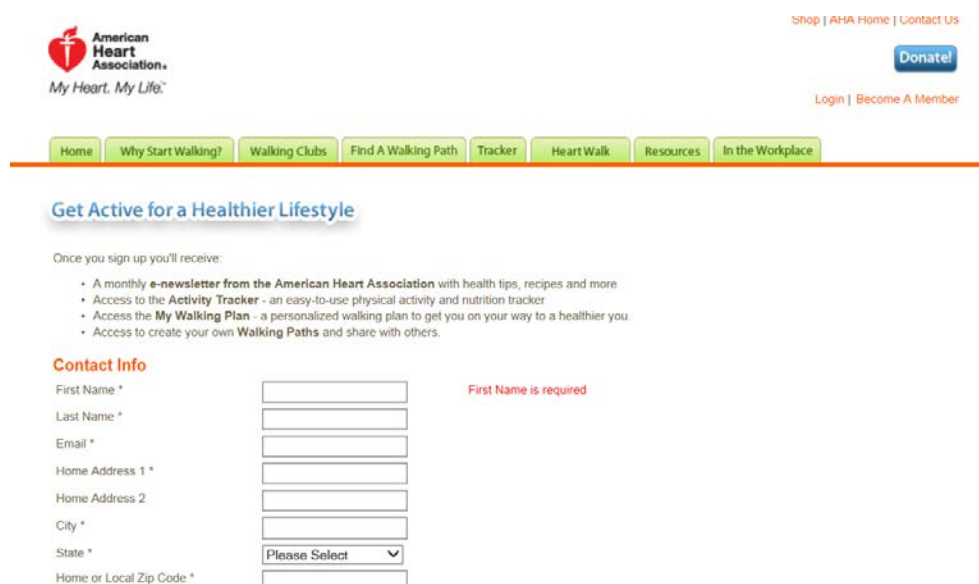
-  Weight management or weight loss
-  Prevent or manage several conditions such as heart disease and Type 2 diabetes
-  Stress management
-  Better bone health
-  Improved balance and coordination

Experience these benefits and so much more when you participate in the 7-week walking program.

New participants will receive a pedometer if requested. Any step tracking device may be used. All participants will log their daily steps using the American Heart Association (AHA) Activity Tracker. Using this website, participants will also have the ability to track their diet, create and locate walking paths, form walking groups and have access to a personalized walking plan, developed by the American Council on Exercise (ACE) in collaboration with the AHA.

To register and track your physical activity and your diary follow the easy steps below:

1. Register on the American Heart Association by completing all fields on the following page:
<http://www.startwalkingnow.org/registration.jsp>



The screenshot shows the American Heart Association's registration page. At the top, there is a navigation bar with links for Shop, AHA Home, and Contact Us, along with a Donate button and a Login/Become A Member link. Below the navigation bar is a menu with links for Home, Why Start Walking?, Walking Clubs, Find A Walking Path, Tracker, Heart Walk, Resources, and In the Workplace. The main heading is "Get Active for a Healthier Lifestyle". Below this, it states "Once you sign up you'll receive:" followed by a list of benefits: a monthly e-newsletter, access to the Activity Tracker, access to the My Walking Plan, and access to create own Walking Paths. The "Contact Info" section contains a form with fields for First Name, Last Name, Email, Home Address 1, Home Address 2, City, State (a dropdown menu), and Home or Local Zip Code. A red error message "First Name is required" is displayed next to the First Name field.

Shop | AHA Home | Contact Us

Donate

Login | Become A Member

Home | Why Start Walking? | Walking Clubs | Find A Walking Path | Tracker | Heart Walk | Resources | In the Workplace

Get Active for a Healthier Lifestyle

Once you sign up you'll receive:

- A monthly **e-newsletter from the American Heart Association** with health tips, recipes and more
- Access to the **Activity Tracker** - an easy-to-use physical activity and nutrition tracker
- Access to the **My Walking Plan** - a personalized walking plan to get you on your way to a healthier you.
- Access to create your own **Walking Paths** and share with others.

Contact Info

First Name * First Name is required

Last Name *

Email *

Home Address 1 *

Home Address 2

City *

State *

Home or Local Zip Code *

2. Click the ORANGE "Search for company" link and enter "Kent State University" in the pop up

You may register as an Individual (with no company name selected) or as part of your organization's worksite wellness program (search and select your company name). Your company will only be used to place you on the proper leader board within the My Online Tracker.

Company Search for company Clear

Dept/Team

Company Zip

Password*

Confirm*

Health Info

Your employer will NOT see this information.
It is used by the Tracker to help calculate and translate your non-walking/running activities into "Total Steps".

Weight *

Height Please Select Feet
 Please Select Inches

Preferences

If checked, your employer will be able to see your name, department, email address, and physical activities. However, **no one will see your health information (i.e. weight or height).** ☒

I wish to receive special offers and information from Shop Heart. ☐

Click this box to indicate you agree to the [Terms of use](#). ☒

Kent State University Search

- If you are registering as part of your company's wellness program, please contact your HR representative to get the exact company registration information.
- Company not listed? Then please contact your HR representative to [get your company registered](#).

Close

If you do not select this box, your steps will not be included for weekly drawings

3. Be sure to select the opt-in box under Preferences to allow your basic information to be shared with your employer. **Note:** Your personal health information will not be shared. This provides access to view physical activity logs for monitoring the program and distributing prizes.
4. Click **"SUBMIT"**
5. You will receive a confirmation email from start@mystartonline.org with a username and password.

All weekly entries must be submitted by 9 a.m. on Tuesdays. Current program runs 6/15 through 7/31/2015.

If you have any questions, please contact Laura Kenney, wellness coordinator at 330-672-8368 or lkenney2@kent.edu.

Here's to your health!