



JOIN THE
MOVEMENT

MOVE AS YOU MAY

#EVERYDAYINMAY

*Move your body to still your mind. It doesn't
matter how you move, it matters if you do.*

WALK / HIKE / RUN = 1 POINT / KM

CYCLE / ROLLERBLADE / ELLIPTICAL = 1 POINT / 3 KM

WEIGHT TRAINING / YOGA / LIVE CLASS = 1 POINT / 10 MIN



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Strava – download on your mobile phone via the App Store.

- Search "Strava" – download and create your profile.
- To record a workout: Click Record. Click on the second icon from the left to choose your sport.

Join the "Calgary City Centre Strava Club" :

- Click on Groups, and then clubs.
- Search "Calgary City Centre Fitness" and request to join

Use a fitness tracker – option to push to Strava

- Click profile
- Click Settings (Gear wheel at top right)
- Click applications, services and devices
- Connect a new device to Strava – follow the prompts
- Once you complete a workout, you will receive a notification confirming your workout is ready to import.

Manual Activity Entry – to manually enter workouts that are not travel based.

- Click the + button on the top left of mobile
- Click add Manual Activity, enter as many details as you have