



Getting Staff On Board For “Walk This Way” – a How-To Guide

It's been a challenging year, and now more than ever, we need to come together as a community! And **Walk This Way** is one great way to help achieve this!

The goal: To collectively reach 5,000 km in 24 hours. Walk anywhere you'd like, for as long as you'd like. It doesn't matter how far or how fast you go. Your contribution will help us meet the goal and help build a better Winnipeg!



- Spread the word! Share this information with your colleagues, friends, and family. They can all help play a part in helping to reach our 5,000 kilometre goal.

- Plan your walk and share it with your team. The great part about a virtual walk is that the options are endless! Will you walk at home, at work, or try a brand-new spot? You can walk around your neighborhood or workplace, walk or run on your home exercise equipment, or take a walk through a city park. Consider walking past one of our many agency partners near you that are changing lives every day. Check out our [agency partner map here](#).

You can walk on your own, with your family, or with a group of colleagues while keeping a safe distance from each other. It's totally up to you. It's your walk, your way!

- Set your goal and challenge others. While our main goal is to reach 5,000 km together, we know from Plane Pull that many of our workplaces enjoy a little healthy competition! Go ahead and set a team goal. Having a target, big or small, can help drive participation, and it feels great when you meet or surpass that goal! After you are registered in MoveSpring, the team at United Way Winnipeg will add you to your organization's team. On event day, check out our Team Leaderboard to track how many steps your team is averaging.

Looking to “up the ante?” Challenge other workplaces in your building or industry to see who can track the most steps.

Before the Event

- Get a team started! [Click here to get signed up](#) or follow the steps below.

- **Step 1:** With your mobile device, download the MoveSpring app from the App Store (iPhone) or Google Play (Android). Don't want to download to your device? Click the above link on your computer and visit the MoveSpring website to sign up. You will be able to log in to the MoveSpring app at a later time.
- **Step 2:** Select “Sign up” and enter the code “uway2020” to create your account.
- **Step 3:** Connect your fitness tracking device (for example Fitbit or Google Fit) to the app so it can track your steps for event day! Or, select “manual entry” to log your activity manually.
- **Step 4:** On September 18, open the MoveSpring app or visit the website to sync your data, or enter in your total distance in kilometres manually.

Use this blurb to invite your colleagues or include in your internal newsletter!

It's been one challenging year, Winnipeg, and our community needs us now more than ever! On Friday, September 18, let's step up and step out with a virtual walk around Winnipeg—apart, together. Uniting for the community we love. By participating in this event, you are moving alongside hundreds of other Winnipeggers who love our city and want to see everyone in our city thrive. And, it will be fun! Track your kilometres and contribute to our collective 5000 km goal. And there's \$100,000 on the line from our generous sponsors Rogers, Wawanesa Insurance, SkipTheDishes, TD and Payworks. [Register here](#).



If you have any other questions, please visit our [event page](#) and check out our frequently asked questions section or contact us at events@unitedwaywinnipeg.ca

For more information on what to expect on September 18th, stay tuned for our Event Day Guide.