

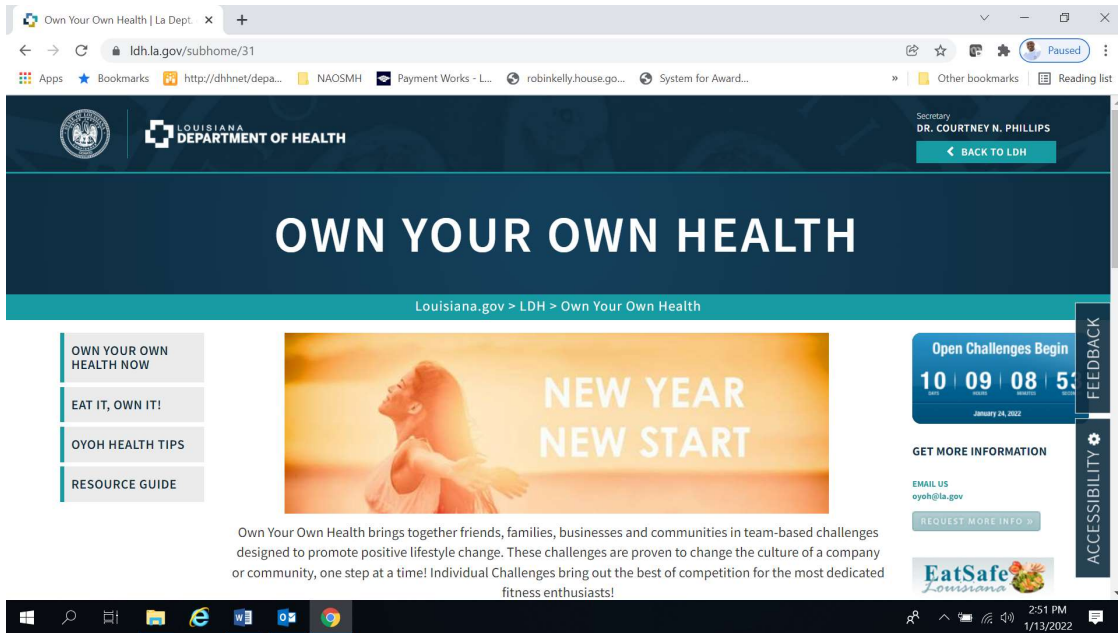
Own Your Own Health

Open Team Steps Challenge (Public)

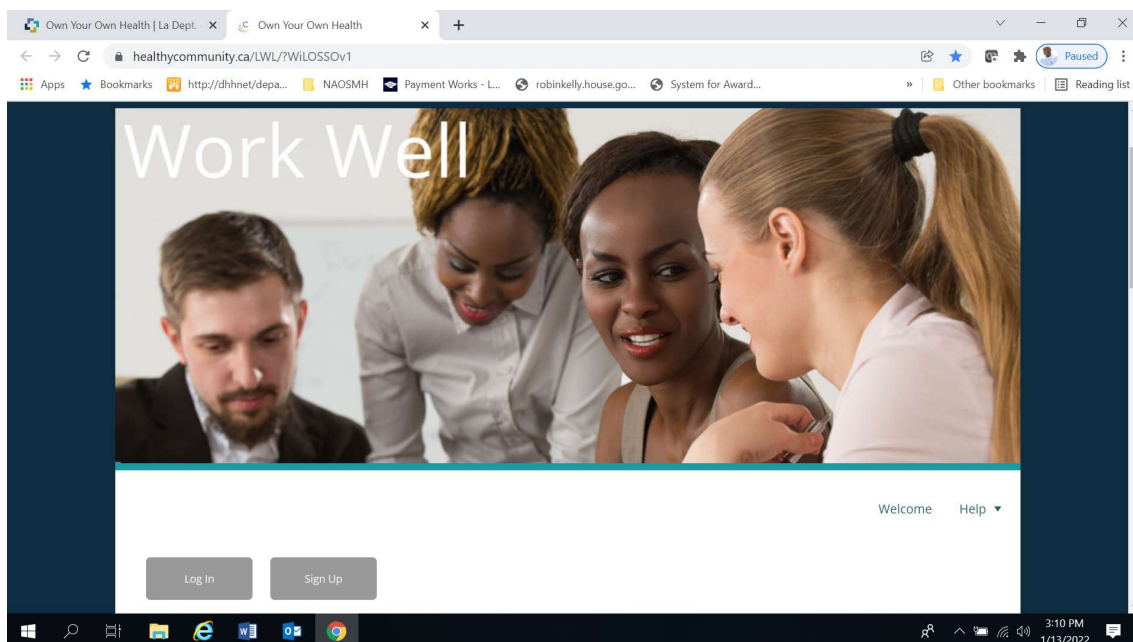
www.oyohla.com

Registration Captains

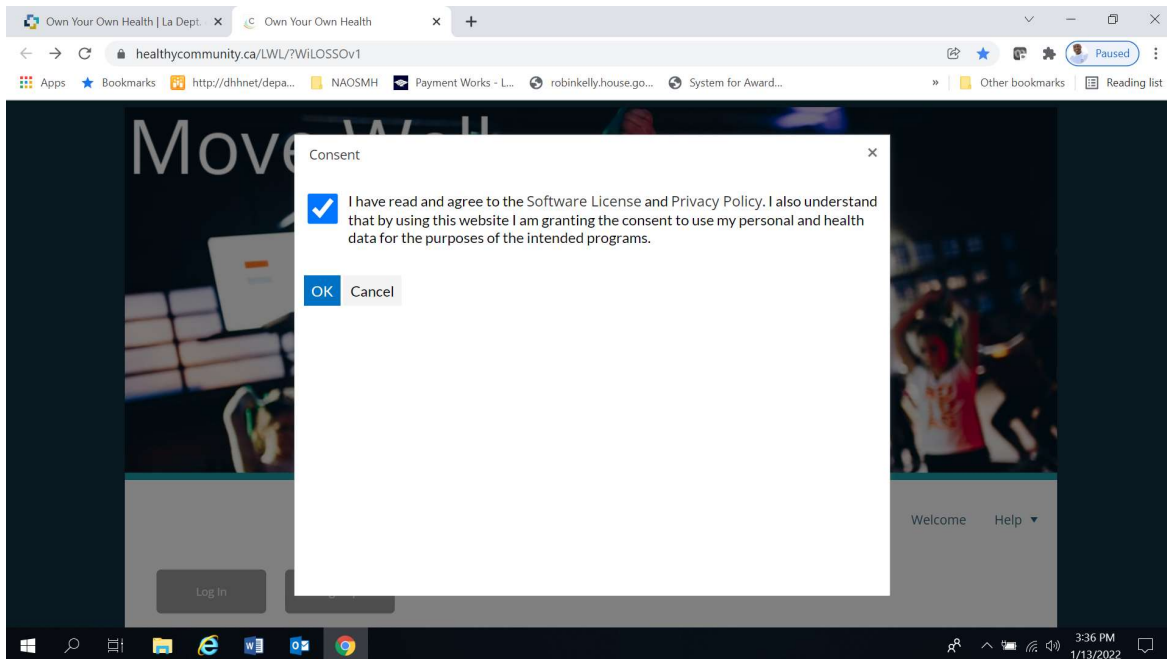
Logon to oyohla.com and click:
“Sign Up For All Challenges Here”



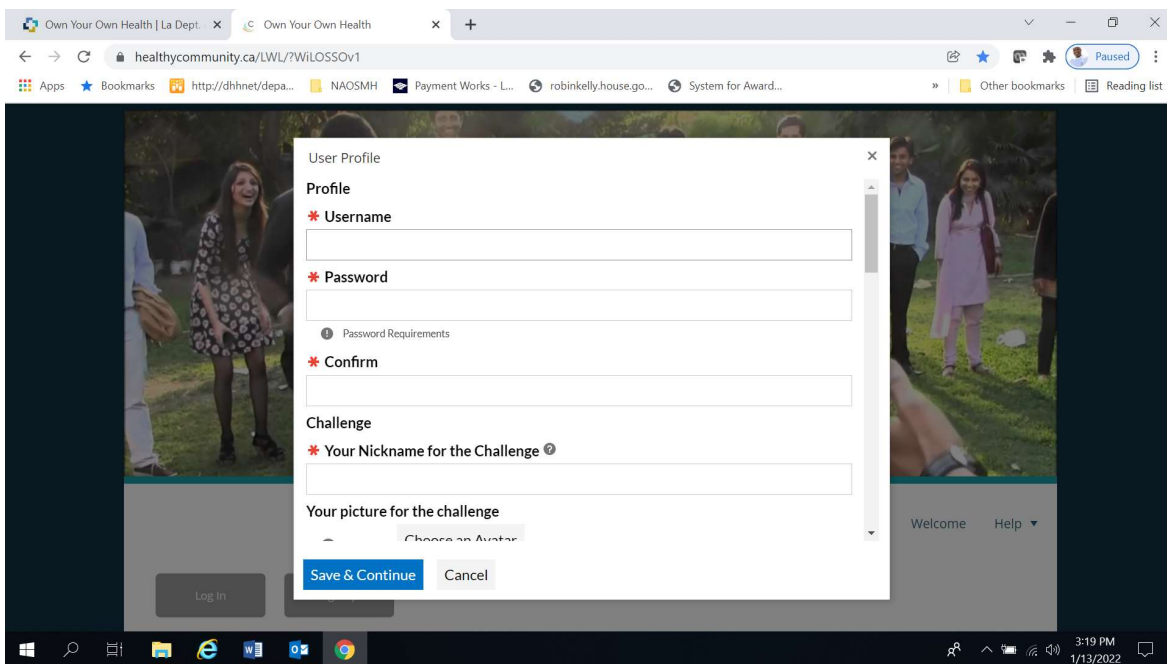
On the next page click the “Sign Up” box and a popup screen will appear.



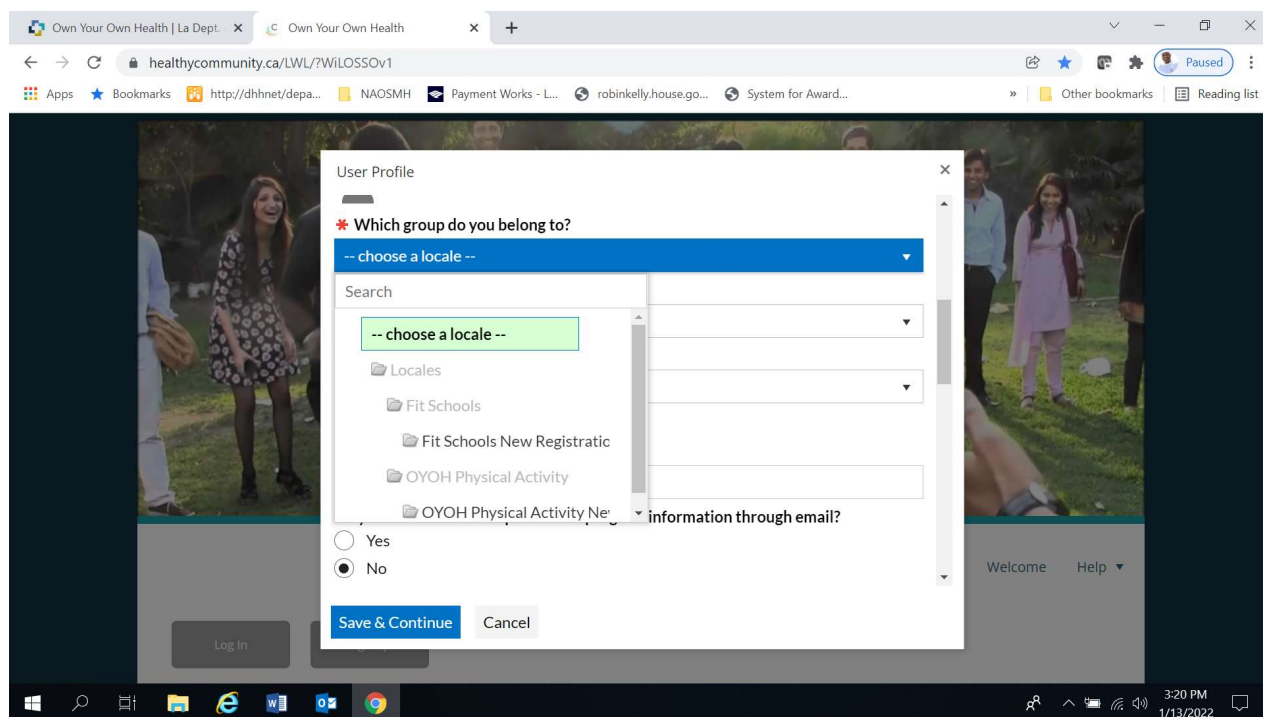
Check box for Consent and click Ok.



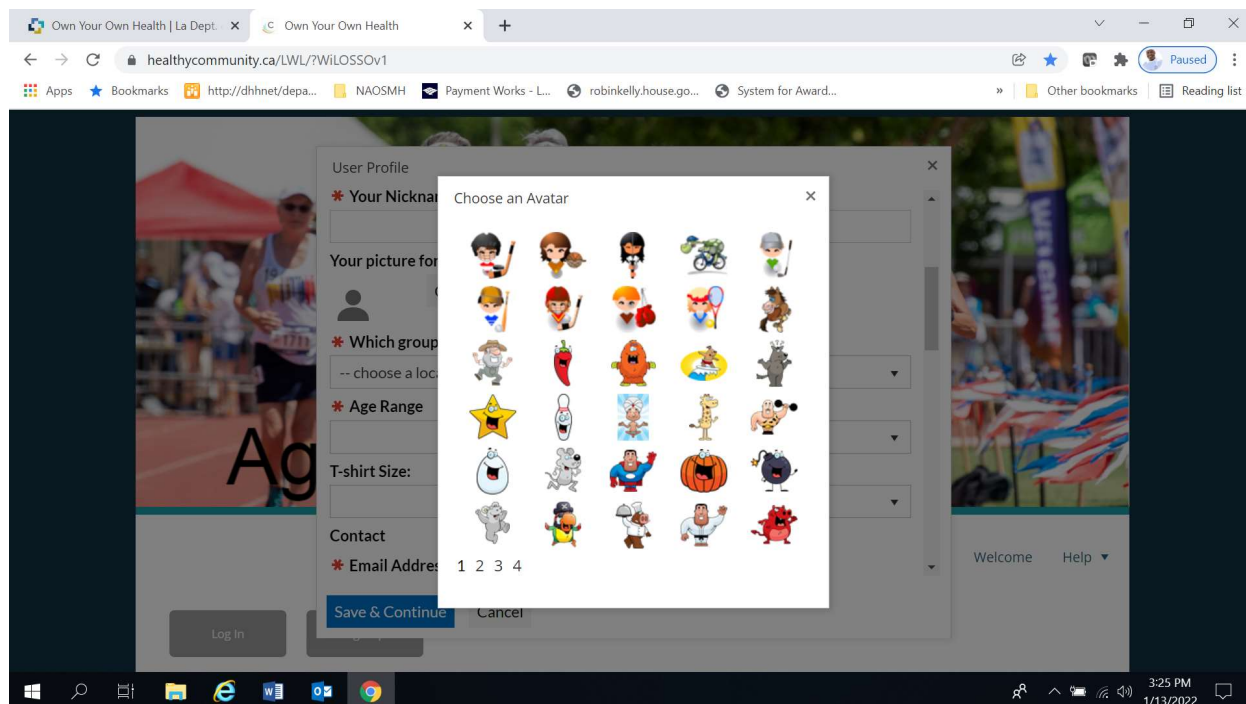
Everyone must complete the “*User Profile*.”



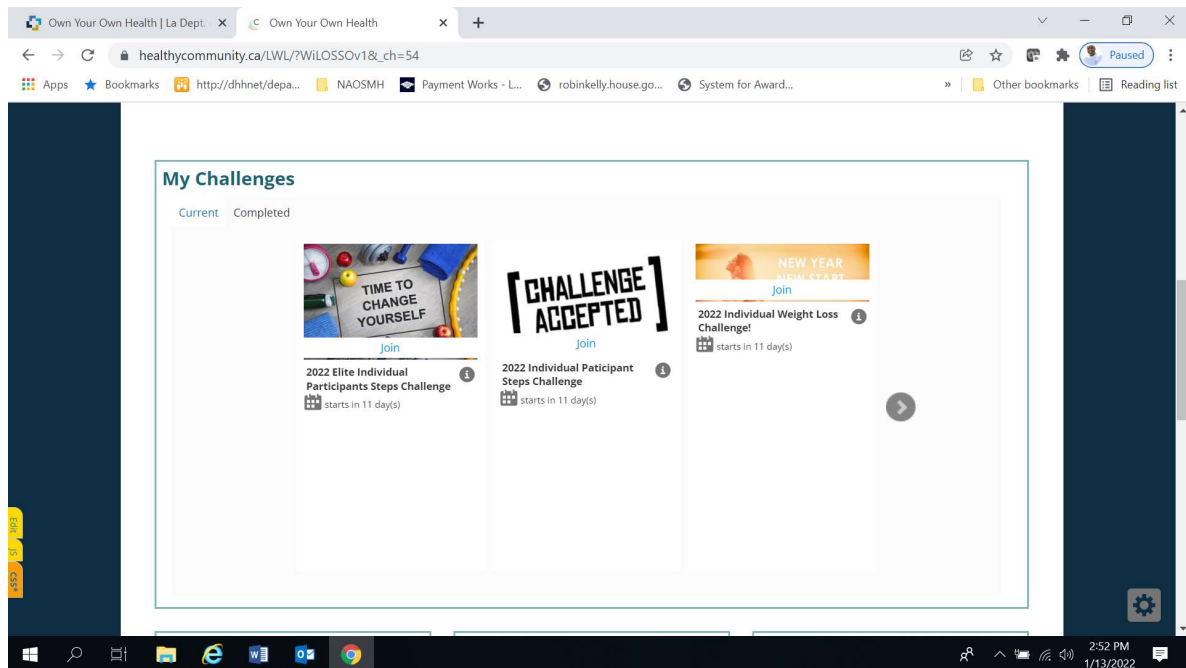
On the Profile form, you will be asked: ***“Which group do you belong to?”*** Make sure you scroll down the list and choose ***“OYOH Physical Activity New Registration.”***



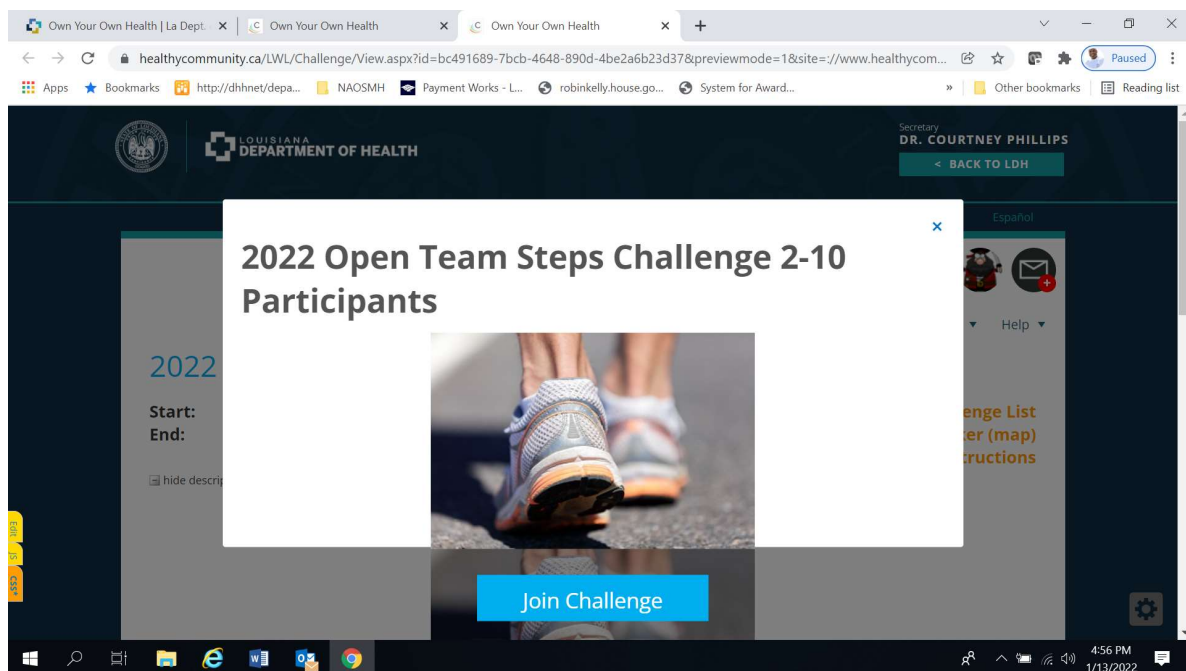
Choose an animated Avatar, complete the rest of the form, then click Save and Continue.



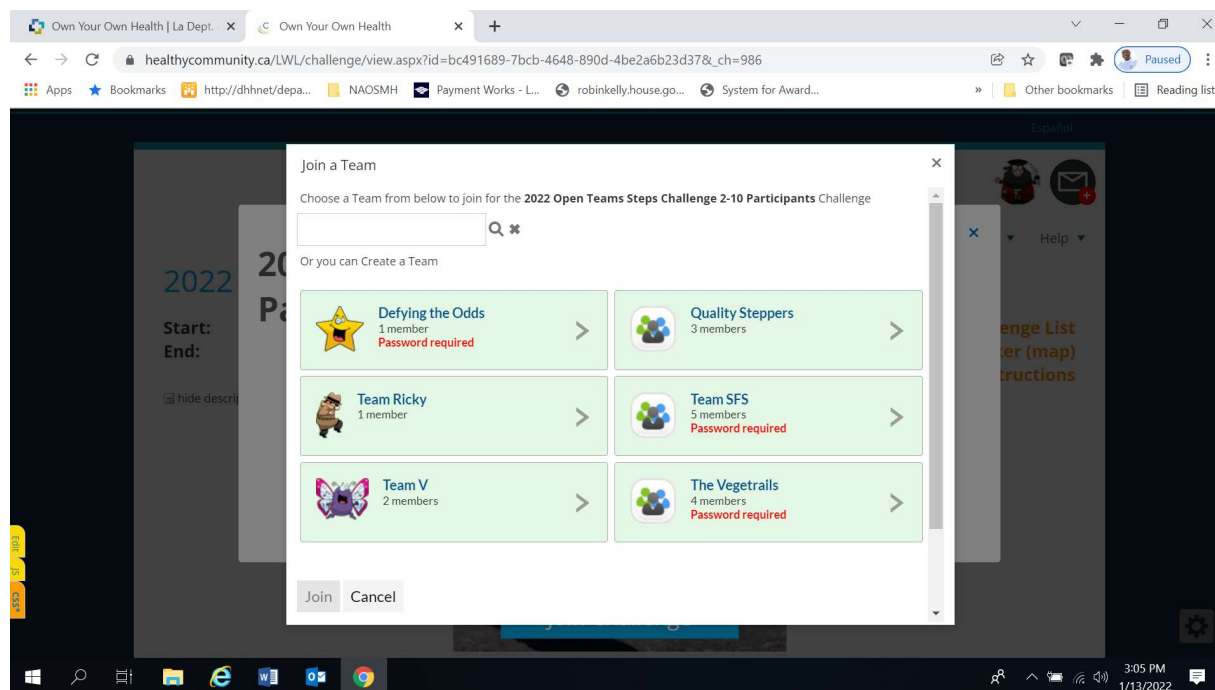
Once you complete the Profile form, you will be transported to your **Welcome Page**.
Under 'My Challenges', select and click on your Challenge image.



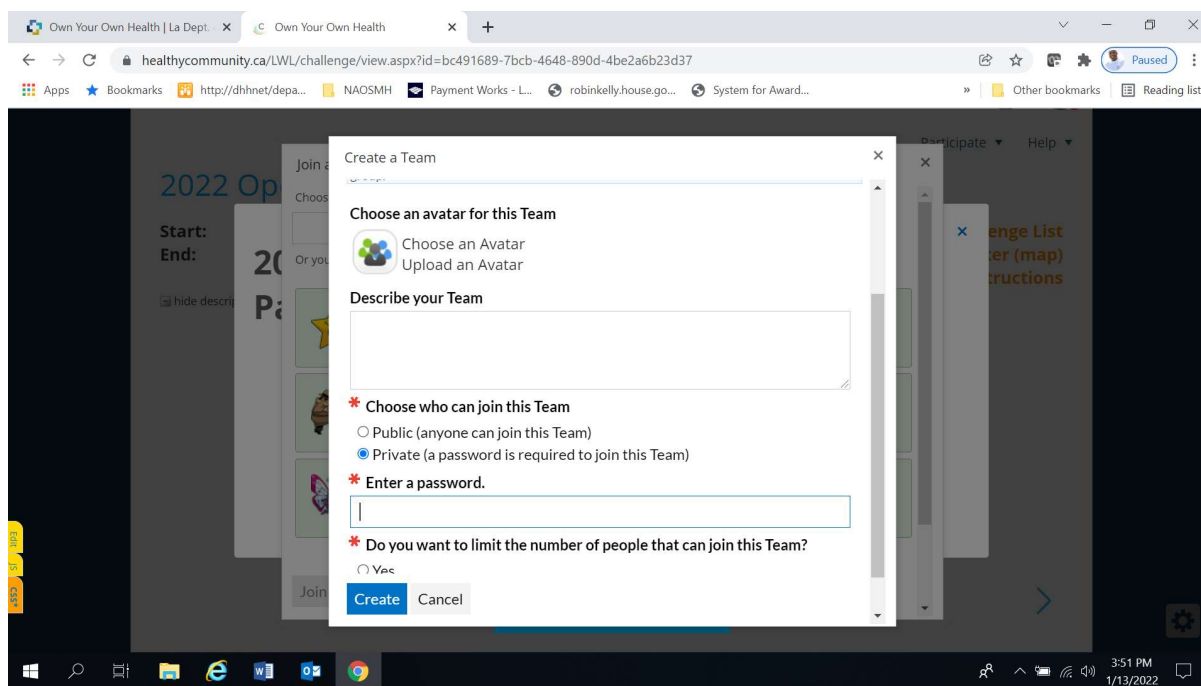
After selecting your Challenge, on the next page click “Join Challenge” in the blue box.



After clicking “Join Challenge” in the blue box, a pop-up will appear and click **Create a Team**.



On the next page, complete the “**Create a Team**” form and enter a **Password** for the Challenge. At the bottom of the page click **Create**.



You should see your team at the bottom of your Challenge page under ***“My Challenge Progress.”***

Monday, July 20

My challenge progress...

Rank	Name	Progress
1	Florida NSGA	⚠️
1	Trailblazers	⚠️

How to Sign Up Team Members

All team members must sign up individually the same as captains.

Logon to oyohla.com and click on:
“Sign Up For All Challenges Here”

OWN YOUR OWN HEALTH

Louisiana.gov > LDH > Own Your Own Health

OWN YOUR OWN HEALTH NOW
EAT IT, OWN IT!
OYOH HEALTH TIPS
RESOURCE GUIDE

Challenge Begins
June 8th - July 8th, 2020

“Exercising is probably not top of mind as we struggle with how to protect ourselves, our families and our communities during the coronavirus (COVID-19) pandemic. Perhaps it should be, because physical activity can be a valuable tool for controlling COVID-19 infections and maintaining quality of life. Physical activity is one of the most powerful forces for good health. Physical activity helps prevent and/or treat many physical and mental health conditions by improving functioning of numerous physiological systems.”

CONQUERING COVID-19
VIRTUAL STEPS CHALLENGE

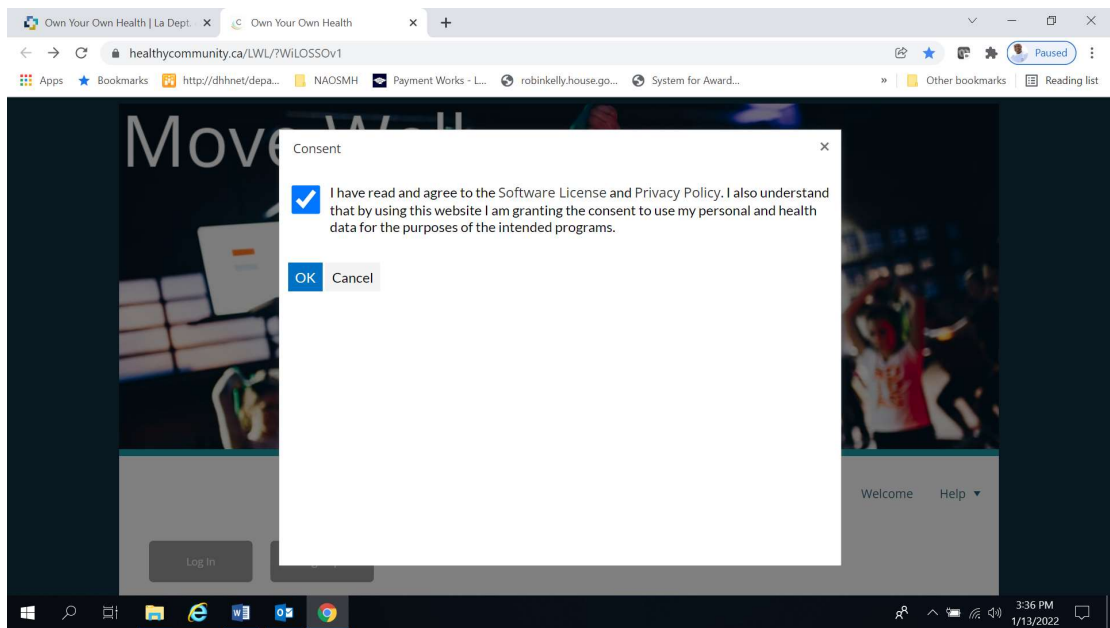
2020 Challenge Ends
12 14 19 40
July 8, 2020

GET MORE INFORMATION
EMAIL US
oyoh@la.gov
REQUEST MORE INFO

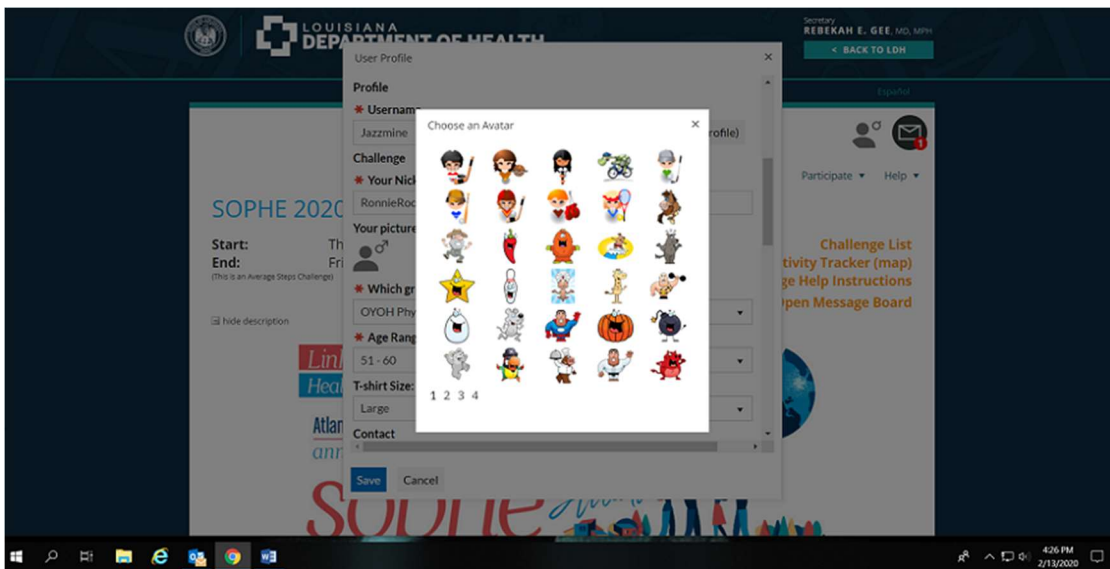
EatSafe

Sign Up For All Challenges Here

On the next page click the “Sign Up” box and a popup screen will appear. Check box for Consent and click ok.



Everyone must complete the “*User Profile*.” While completing the Profile form, you may choose an animated Avatar that will show up next to your nickname.



On the Profile Form, you will be asked: ***“Which group do you belong to?”*** Make sure you scroll down the list and choose ***“OYOH Physical Activity New Registration.”*** Complete the entire form then click Save and Continue.

Move Well

User Profile

* Password

Password Requirements

* Confirm

Challenge

* Your Nickname for the Challenge

Your picture for the challenge

Choose an Avatar

* Which group do you belong to?

-- choose a locale --

Save & Continue Cancel

Welcome Help

Log In

You will then be transported to your ***Welcome Page***.
Under ‘My Challenges,’ select and click on your ***Challenge*** image.

My Challenges

Current Completed

CONQUERING COVID-19

VIRTUAL STEPS CHALLENGE

Conquering Covid-19 Steps Challenge!

ends in 7 day(s)

National Senior Games

Upcoming

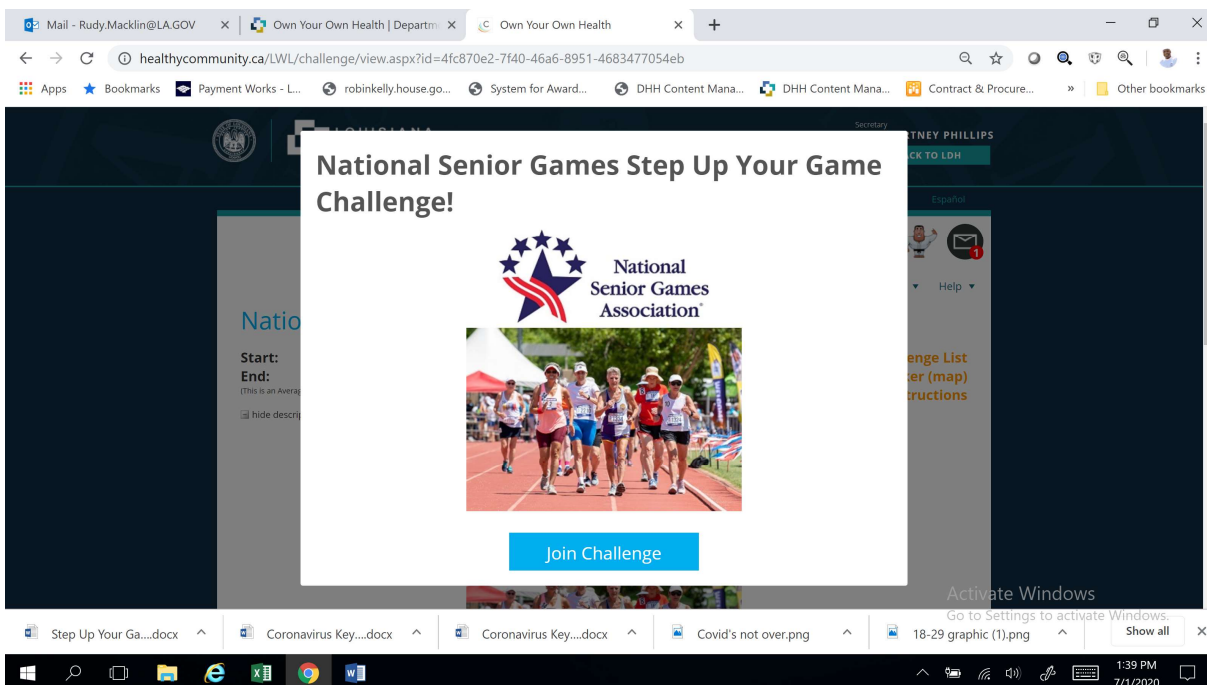
National Senior Games Step Up Your Game Challenge!

starts in 22 day(s)

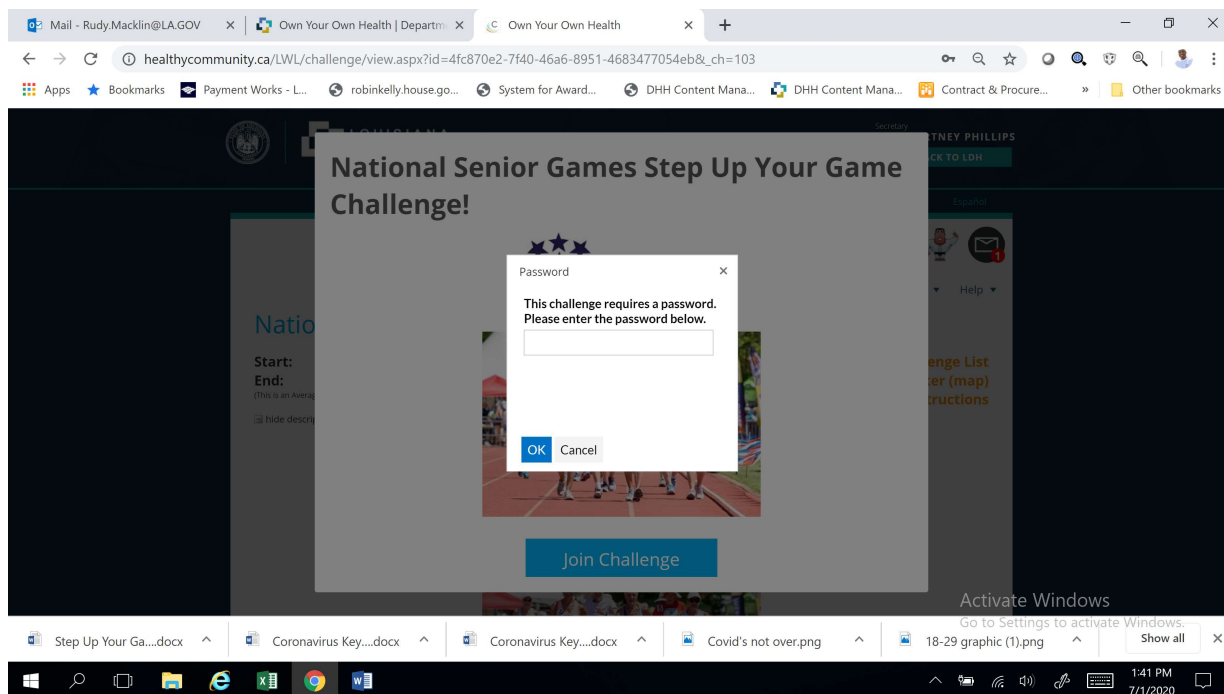
Step Up Your Game

Log In

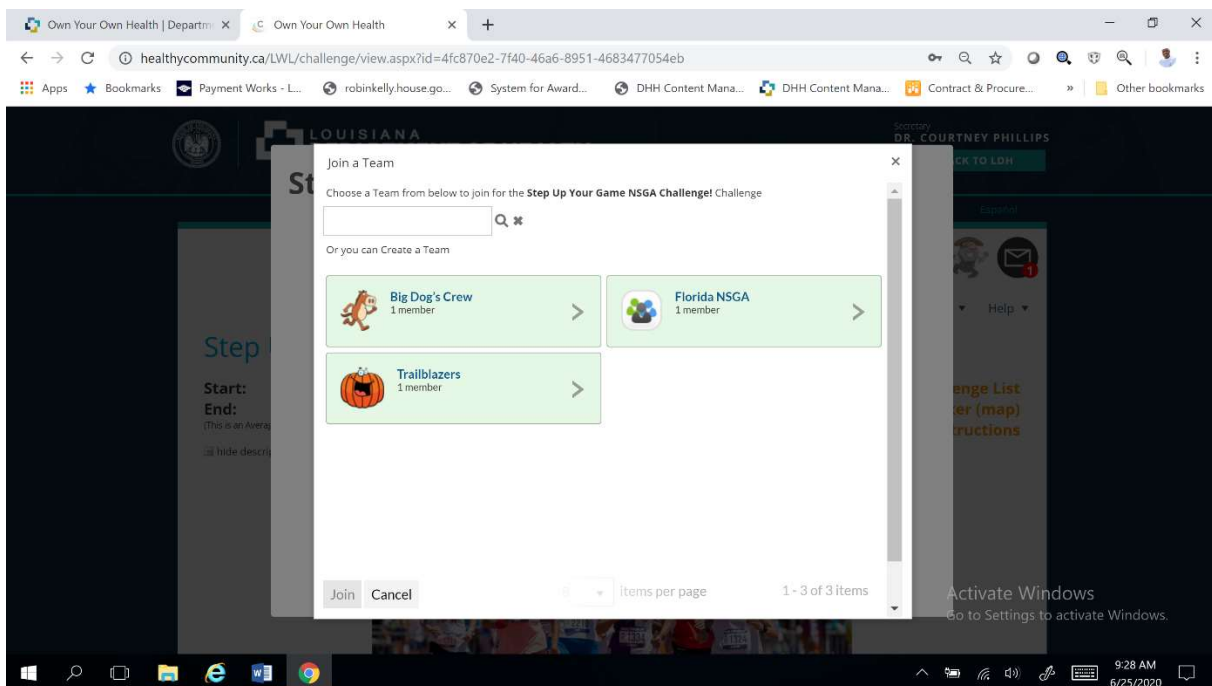
On the next page click “Join Challenge.” in the blue box.



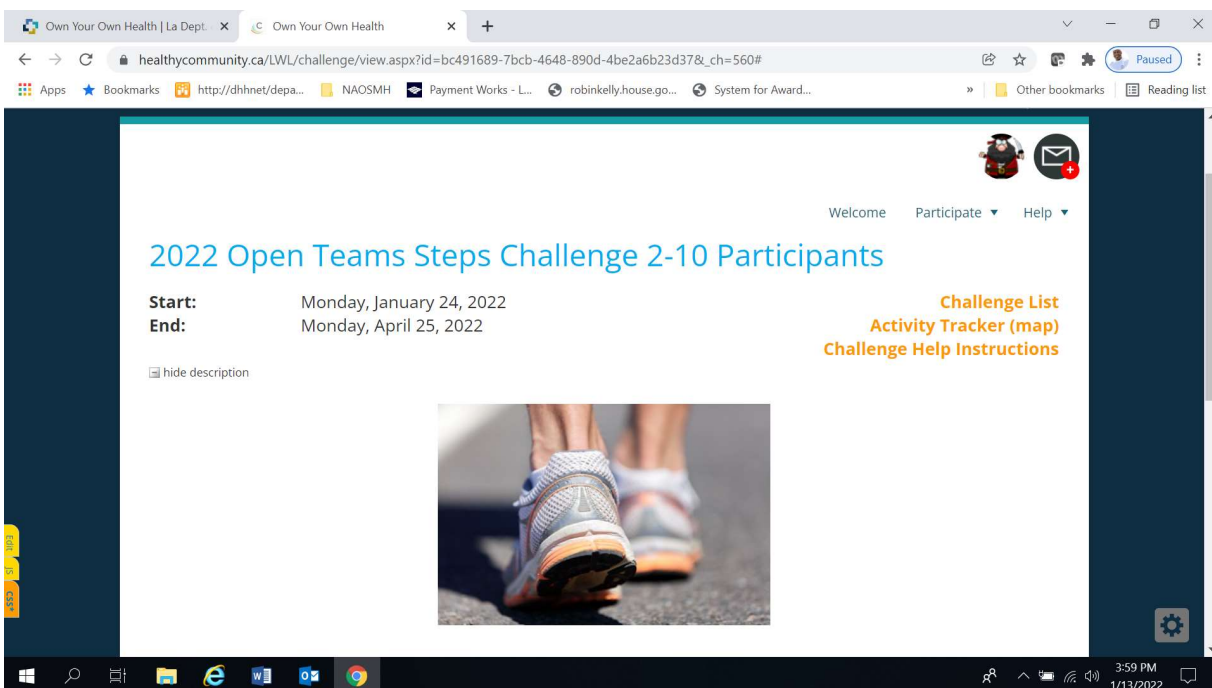
After clicking “Join Challenge” in the blue box, a pop-up screen will appear to enter the Challenge password.



Now members can join their team. Search and select your team and click **“Join”** at the bottom of the page. Your information will be transferred to that team.



You will be taken to the Challenge page where you should see your team at the bottom under **“My Challenge Progress.”**



My Challenge Progress

healthychcommunity.ca/LWL/challenge/view.aspx?id=bc491689-7bcb-4648-890d-4be2a6b23d37&ch=560#

Monday, January 24

Top challenge participants...

Rank	Name	Progress
1	Team SFS	Steps: 0 Distance (mi): 0.0
1	The Vegetralls	Steps: 0 Distance (mi): 0.0
1	Team Ricky	Steps: 0 Distance (mi): 0.0
1	Team V	Steps: 0 Distance (mi): 0.0
1	Defying the Odds	Steps: 0 Distance (mi): 0.0
1	Quality Steppers	Steps: 0 Distance (mi): 0.0

How to Enter Steps

On your Welcome or Challenge page, if you have a pedometer, you may enter steps in the **Count Steps** box and click ADD.

Count Steps

Enter number of steps:

Activity Tracker (max)

Count Activities

Choose an activity:

- choose an activity -

Enter minutes:

Update Your Weight

Enter weight:

In the **Count Activities** box, you may choose an activity and enter the number of minutes it took to complete your activity and click ADD. The Minutes you enter will be converted into Steps and Miles.

Count Steps

Enter number of steps:

Activity Tracker (max)

Count Activities

Choose an activity:

Walking

Walking 876 Steps/10 min

Aerobics-high impact 1,760 Steps/10 min

Aerobics-low impact 1,320 Steps/10 min

Badminton (Competitive) 1,749 Steps/10 min

Badminton (Recreational) 1,375 Steps/10 min

Baseball 625 Steps/10 min

Basketball 2,000 Steps/10 min

Update Your Weight

Enter weight:

Tracker

Friday Hydration

0 Glasses of Water

Participants may use the Fit Bit or Google Fit to sync with the OYOH system that will automatically credit your account with steps and miles you accumulate. You must first download Google Fit app before syncing to the OYOH system. To sync other devices can be at the bottom of your Welcome page.

Own Your Own Health has an app where you can enter steps called, “MyWell App” by Core Health that looks exactly like the website and will sync with the online site.



How to Sync the MyWell App

Step One: Download the MyWell by Core Health app to your smart phone.

Step Two: Logon to your account with username and password. At the top of your Welcome page, click on your animated avatar and select “**Mobile Access**” and click “New.” A code will appear. Then copy the code and put it into the app on your smart phone. Give it a minute or two to successfully sync with your device.