

Guide to joining the 120,000 Moves Challenge

Nothing makes ARMA conferences fun like rising to a challenge! This year, it is achieving 120,000 Moves over 3 days! That's the distance between Land's End and John O'Groats! And we're inviting all those attending this year's virtual ARMA conference to join Team #ARMA2021 to help us smash this challenge!

Follow the steps below to join the challenge. If you need any assistance, please email enquiries@arma.ac.uk.

Do you already have a 'My Wellness' account or use the 'My Wellness' app?

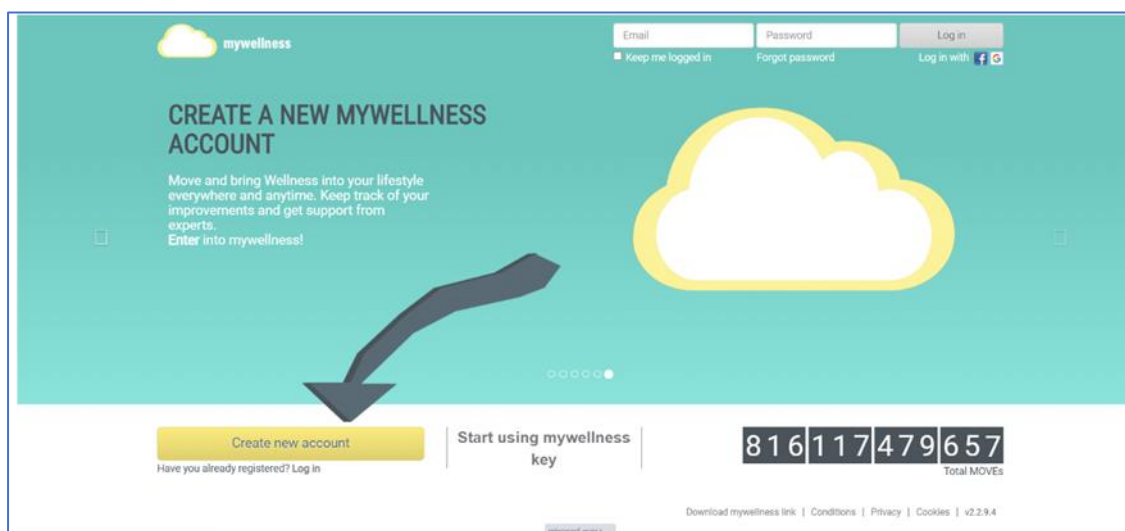
If you are already using the 'My Wellness' app, then please email enquiries@arma.ac.uk giving us your full name and the email address registered to the account. We will then invite you to join the challenge.

If you do not have the 'My Wellness' app then please continue with the Steps below.

Step 1: Set Up Your Account Online

Click: www.mywellness.com/arma

(Please ensure that you set up your account online before downloading the app)



Language: English (United Kingdom)

CREATE A NEW MYWELLNESS ACCOUNT

In ARMA (UK) we use Technogym mywellness cloud to manage your wellness lifestyle. Becoming healthier and more active is now easier than ever. mywellness enables you to access your lifestyle and fitness data, training programmes and much more on the go, anywhere in the world.

What can mywellness do for you?

- Login to connected Technogym equipment, access your personalised content and applications and have your exercises automatically start based on your programme.
- Manage your training programme directly on the web or from your mobile phone.
- Record your body measurements and keep track of your health status.
- Connect mywellness with popular fitness and nutritional tracking apps and devices like Polar, Garmin, Apple Health, RunKeeper, Strava, Mapmyfitness and many more.
- Collect and share all of your indoor training, outdoor sports and movement data with your trainer to get a truly personalized programme.

To access this amazing experience you just need to create your personal mywellness account and share your data with ARMA (UK).

PERSONAL DATA

Name

Surname

Name

Surname

Date of birth

day

month

year

SETTINGS

Step 2: Accept the terms and conditions

Language: English (United Kingdom)

ARMA (UK)

Club privacy settings

I hereby consent to the use of my data concerning health for the purposes of delivering the Service *

☒
☐

(*) Mandatory

Legal

[Privacy Policy](#)

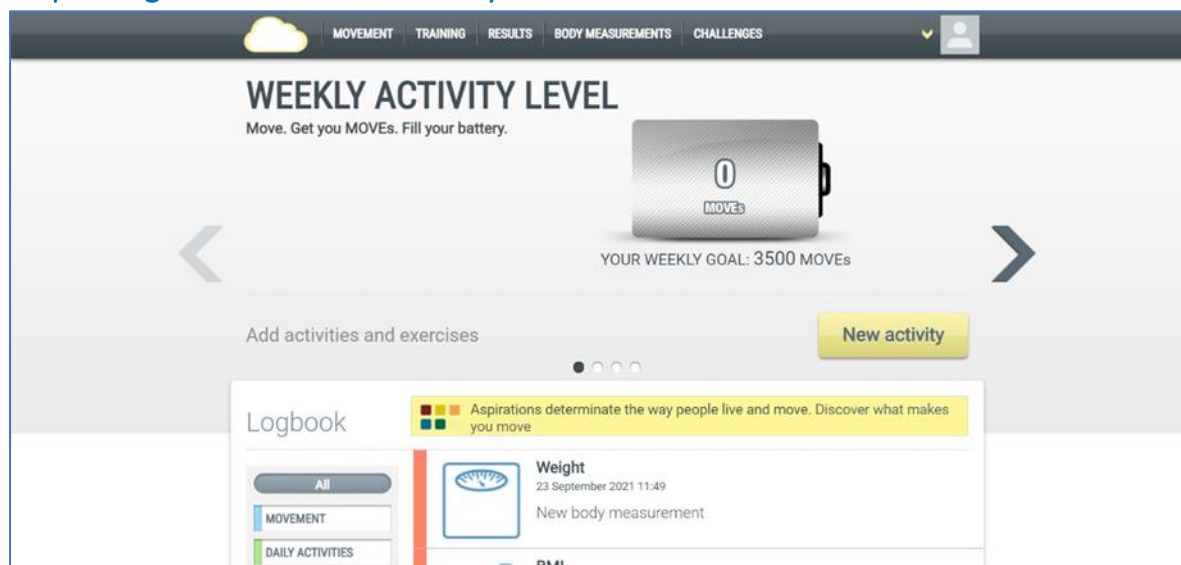
[Terms of use](#)

By clicking on Start, you declare that you have read and understood the Privacy Policy and the Terms of Use

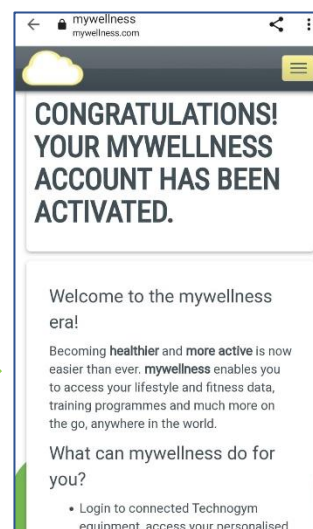
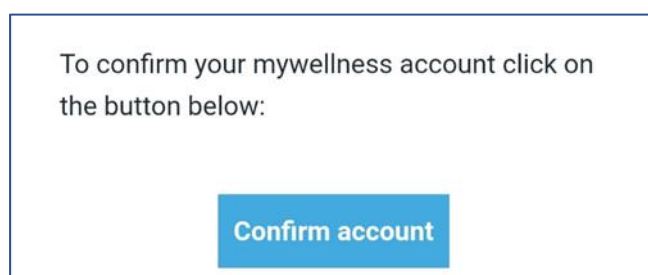
Start

[Download mywellness link](#) | [Conditions](#) | [Privacy](#) | [Cookies](#)

Step 3: Log In – You can now view your activities online

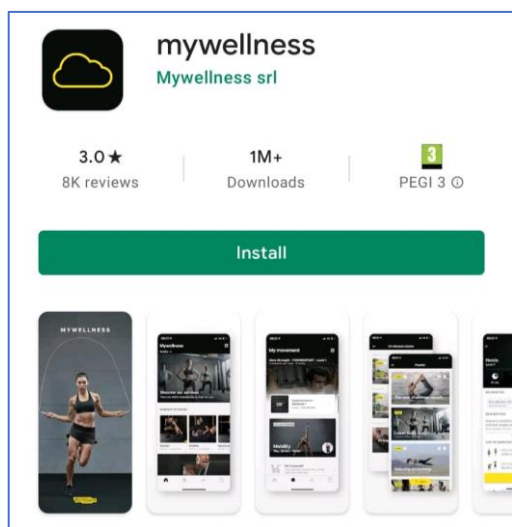


Step 4: Go to your email and confirm the account

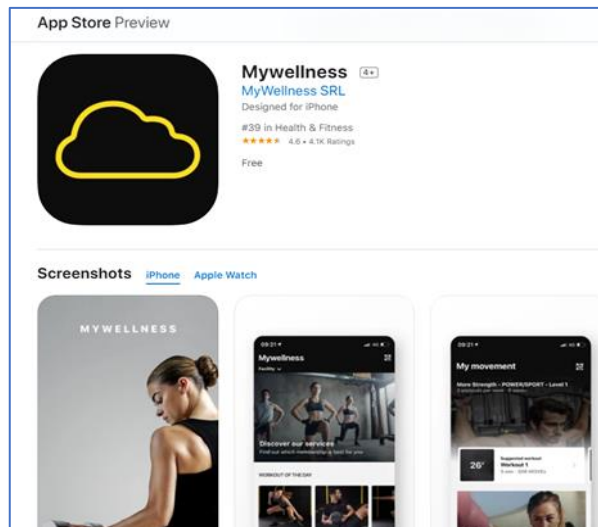


Step 5: Download the App

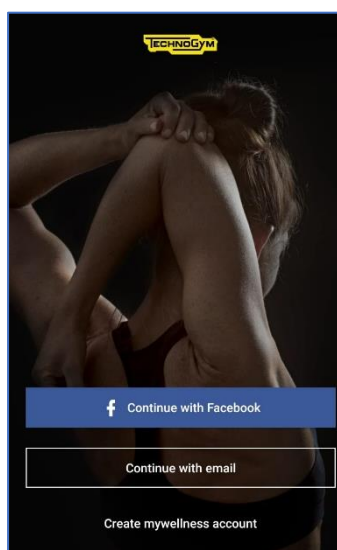
Android



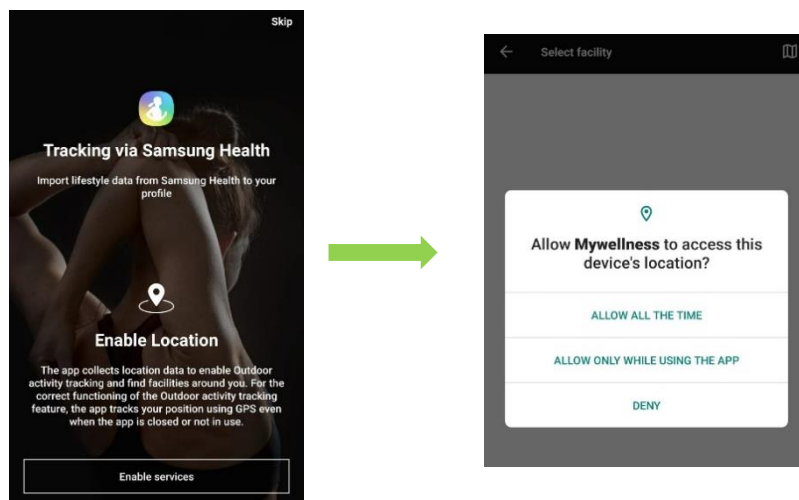
iOS



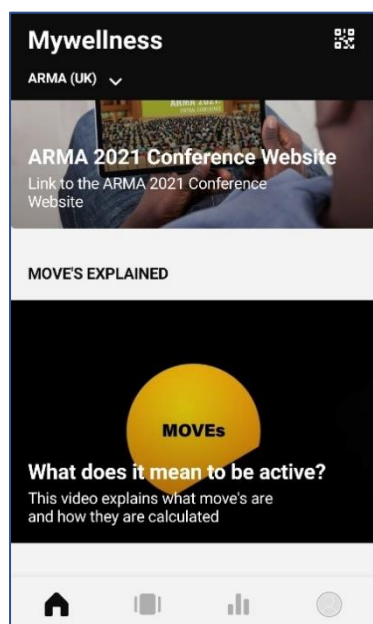
Step 6: Click Continue with email and log in using the information you used to create the online account. Once logged in, confirm your data



Step 7: Allow tracking services if you'd like or skip; and allow device location or deny

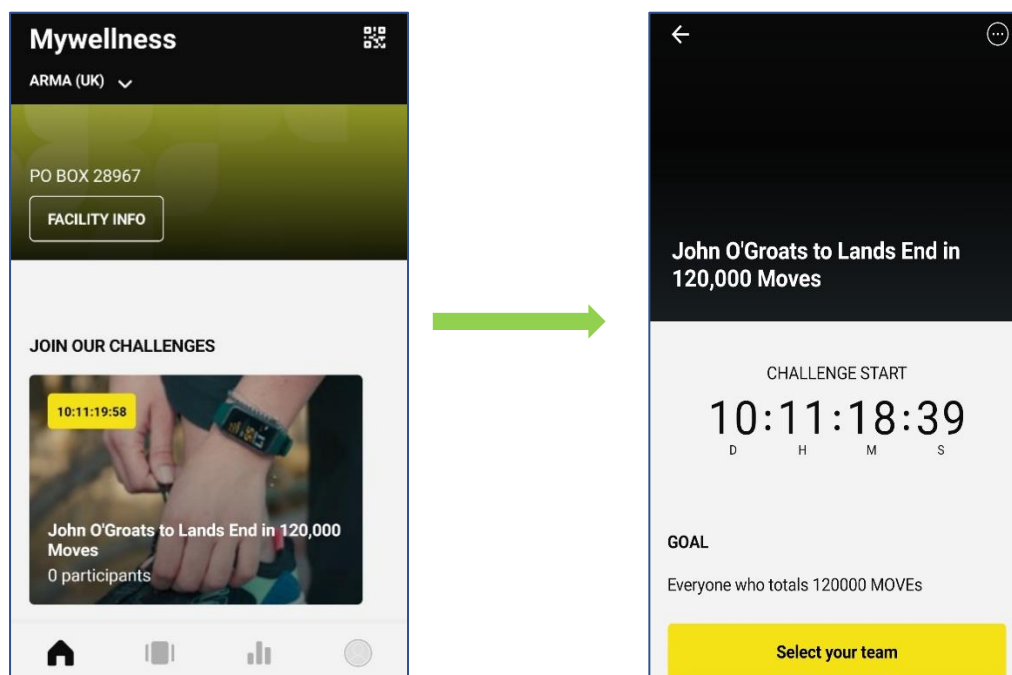


Step 8: You are now on the ARMA challenge page. Want to know what Moves are? Scroll down and watch the video

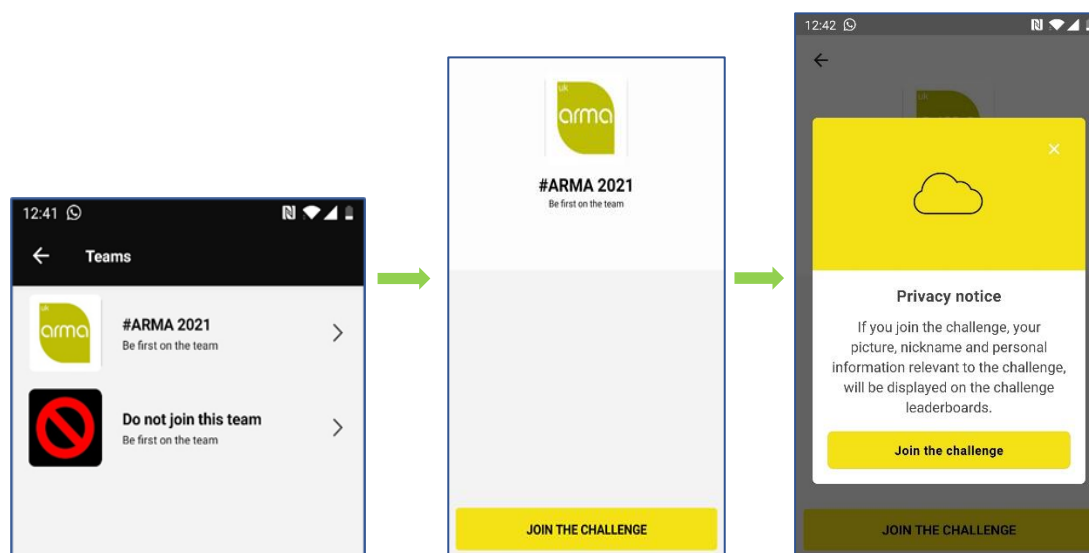


Video explaining what
Moves are

Step 9: Click on the John O'Groats to Lands End Challenge & click select your team

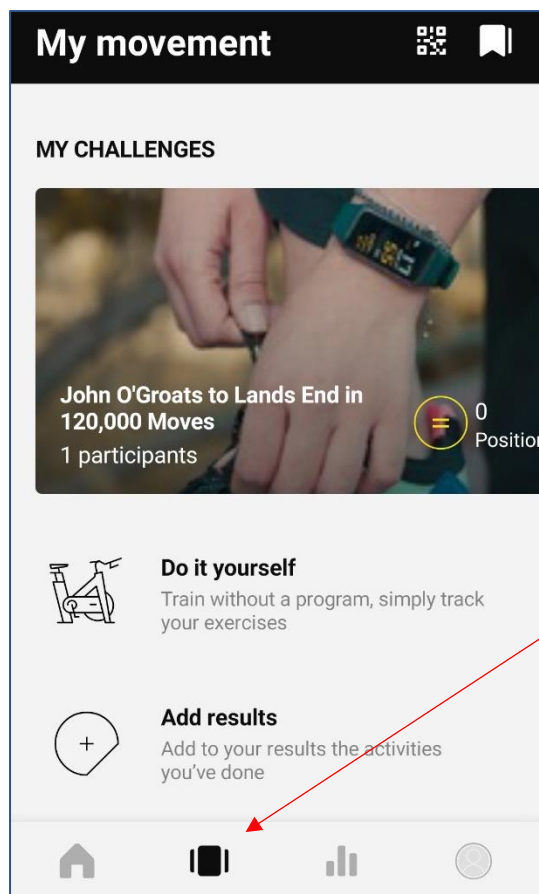


Step 10: Select the #ARMA 2021 team and Click Join the challenge



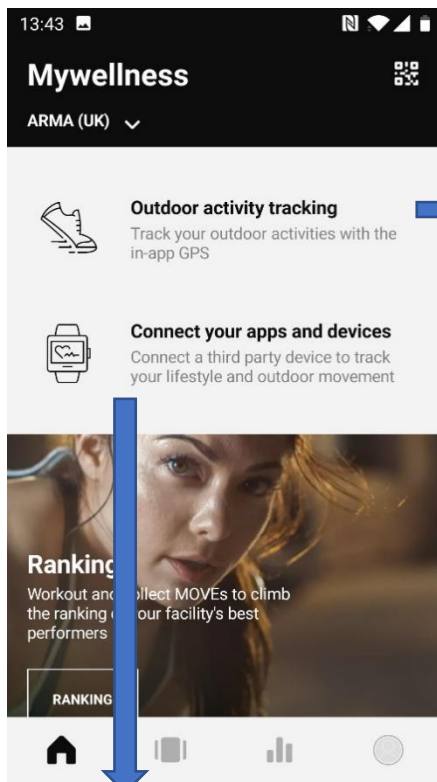
Step 11: You are in! See the tracking guide below

Please note that once you have joined the challenge, the challenge will no longer appear on the main screen. To see the challenge, please click the second icon as shown below.



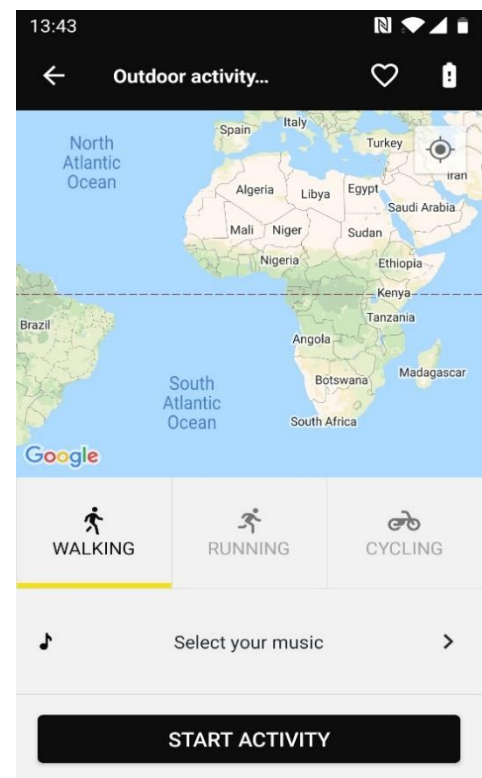
Click on the 2nd icon to
see the challenge

My Wellness App – Automatic Tracking



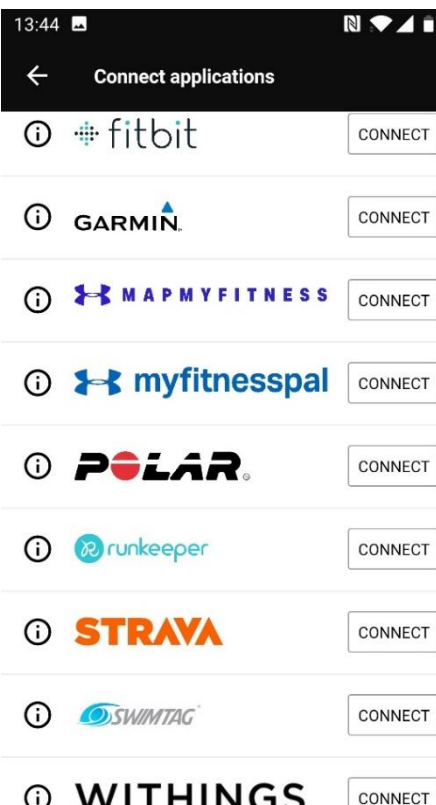
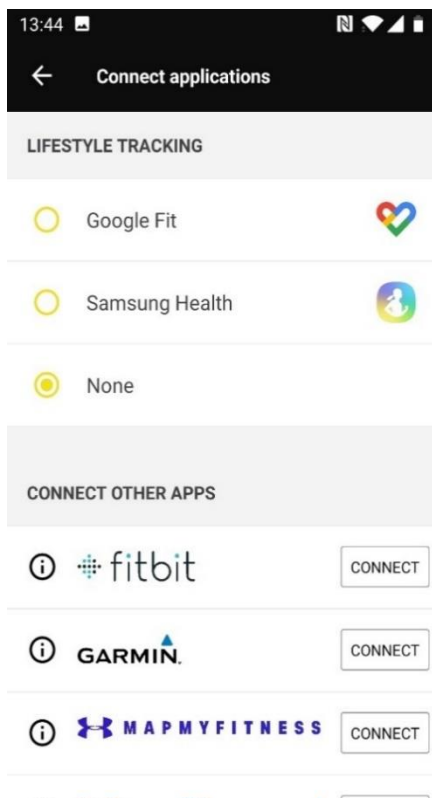
**OPTION 1: Click
Outdoor activity
tracking**

Phone required,
and GPS turned
on. Only tracks
Walking, Running
& Cycling

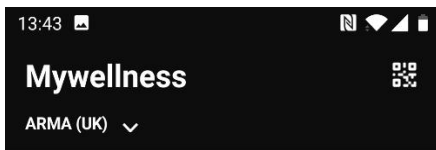


**OR OPTION 2:
click Connect
apps & devices**

Requires user has their own tracking
device to connect to the app

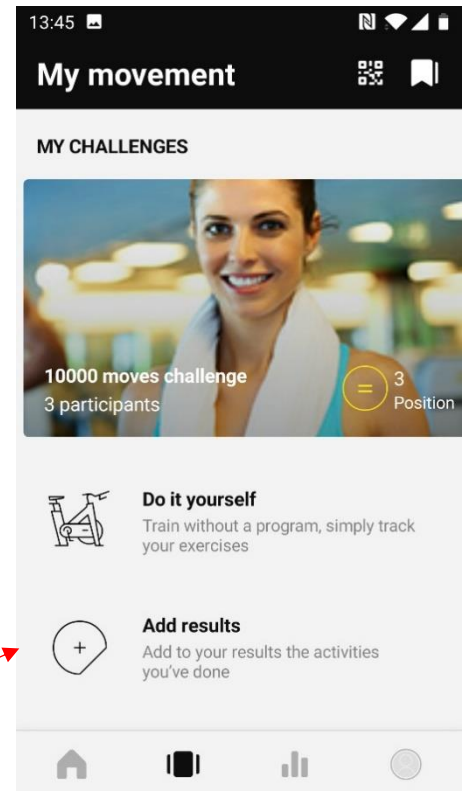


My Wellness App – Manual Tracking



Suitable for those not using the automatic tracking & other activities not tracked in Option 1 above (Walking, Running & Cycling)

Click 2nd icon on front page to see the Challenge page



Click + icon and select your activity

