



How to Log Activity Online

InStep for Life has partnered with GetFit Adventures™ to provide online logging. GetFit Adventures™ is a revolutionary online fitness program that is entertaining and motivating. You log your exercise as steps, foot miles, or minutes of activity. The GetFit Adventures™ program automatically tracks your progress. When you participate in the adventures, you can take virtual tours of destinations around the globe. GetFit Adventures™ makes it fun to exercise!

As an InStep for Life participant, you can join GetFit Adventures in one of 2 levels:

- 1. Full Access** – This level gives you access to all of the great virtual trips available in the GetFit Adventures program. You pick your destination, log your exercise, and take virtual tours of popular destinations around the world. The miles you log automatically accumulate toward mileposts in an adventure. The program opens up a page of photos, information, and links to explore as each milepost is reached. You will also earn mileage awards and a certificate of completion as you finish your journey. As an InStep for Life participant, you can join GetFit Adventures for only \$10 yearly – a 50% discount off the listed price – thanks to the generosity of an anonymous donor.
- 2. Logging Only** – If you can't afford the \$10 annual fee for GetFit Adventures, you can still access the online log for free. (A donor has underwritten this cost.) With Logging Only, you can log your steps or miles online and track how well you are doing toward your goal. While you cannot take any of the adventures, you can see how many miles you've accumulated and how many exercise calories you've expended from your exercise program.