



Getting Started Guide

Introduction & Starting Out



G e t t i n g S t a r t e d G u i d e

Today could be a turning point in your life.



Walking gets the feet moving, the
blood moving, the mind moving.
And movement is life.

- *Carrie Latet*



You might think you've purchased a pedometer and signed up for an online wellness program. But really, it's so much more than that. For many, WalkingSpree has proven to be a magical window to a better life.

Let's face it – work is often dreary. Responsibility isn't always fun. That's why WalkingSpree is a place where employers and employees can get healthy and have fun at the same time.

But that's not all. There are benefits to getting healthy. And they aren't just lowered benefit bills for your employer.

Think WIIFM – what's in it for me?

More energy. More money. You save because you're spending less on medications and doctor's bills. And then there's that extra va-va-voom! Did you know that research says better fitness translates to more energy? You'll have a bounce in your step for another reason than having lost weight!

So ... more energy, more money and more va-va-voom!

It's Easy

It's as simple as 1, 2, 3.

1. Wear a pedometer – where you want, how you want. Just make sure you wear it.
2. Connect pedometer to your computer's USB port and upload your information.
3. After uploading, click to go online. You can see how your stats compare to the rest of the participants, and access lots of useful tools to help you reach your goals. It's that easy.

It's easy. It's fun. And it's good for you.

Track your health improvements and get rewarded. After a year, you'll likely be surprised when you discover how your health has improved. Maybe you won't even have to take high blood pressure medication any more. Or you'll be able to reduce your diabetes medication.

You get a pedometer, an online wellness platform, and fun tools to help keep you motivated. You already know walking's good for you, but did you know that strapping on an accurate pedometer helps you walk more? In a University of Stanford research study, lead author, Dr. Dena Bravata, said, "Much to my surprise, these little devices were shown to increase physical activity by just over 2,000 steps, or about one mile of walking per day."

The pedometer you receive with the WalkingSpree program is award-winning for its ease of use and accuracy. When you plug your pedometer into your computer, your stats automatically upload.

It's Fun

With all this fun, it won't be long before the talks around the water cooler are all about who has the most steps and buddies.

And if you love cooking, you must check out our recipes. We've got the equivalent of 35 quality cookbooks – all with full nutritional breakdown!

Just remember ... all work and no play makes for a very dull day. So be sure to do more than walk and upload your stats. Visit our website and have some fun. The more you visit, the more you'll be motivated to walk, eat healthy foods, and lose weight.

It's Good For You

The reality is that becoming healthy can't wait for tomorrow. Remember the correlation between positive outlook and greater fitness? There's also one between lifestyle and illness.

You owe it to yourself, your family and your friends to start walking ... today.

It doesn't take a lot of walking to improve your health. Maintaining your current activities and current diet, but adding only 2,000 steps a day will improve your health. You could reduce your BMI and lose up to one pound every five weeks.

That's 10 pounds per year for an extra 2,000 steps a day or 20 pounds per year for an extra 4,000 steps a day!

Changing your current diet to a healthy diet will increase the results even more.





Login Page

Your company login page gives you a quick view of the top five walkers in your company. You can also see which company clubs are top dog. See your corporate administrator or contact Customer Support. Not all corporations have a login page).



This is the best location to check the rankings of official Teams. You can use the drop down calendar provided to choose any time frame to see the results of the rankings.



Login

* user id
admin

* password
●●●●●●●●

☐ Remember Me

[Use Reservation Code](#)

Walk Events

[TBD](#)

Keeping employees healthy

The average office worker walks 4,300 steps per day.

Refer to your [Getting Started Guide](#) (new guide coming soon!) for help navigating the site. If you need additional assistance please contact [WalkingSpree Support](#).

Top Teams

Top 11 clubs starting 1 week ago

Rank	Name	Average Steps	Total Steps	Avg. Daily Steps	Distance (miles)
1st	Red	29,816	298,156	4,259	116.6
2nd	mac attack	22,871	91,482	3,267	43.2
3rd	Green	15,511	155,107	2,216	59.4
4th	Blue	13,190	197,857	1,884	72.5

*Redemption Code Page (Creating your Account)

You will have received Start Here Letters that have redemption codes enclosed for creating a WalkingSpree Account. These are unique one time use codes and cannot be re-used.

If you lose your Start Here Letter (and have not used it yet), please request a new one from your program administrator.

“I tried to use the code but it said it was already in use”.

This means you had successfully used the code but did not remember or realize. Please attempt to login at the login page with the username and password you would have selected. If you do not remember your username and password, please contact Customer Support.



If you obtain another Start Here Letter after receiving the above “error message” this will create a duplicate account for you and can cause numerous potential problems. So it is very important for you to contact Customer Support to determine the original account.

Redeem Account Coupon

[log in](#)[redeem](#)

Create a new account by entering the appropriate information below. If you have purchased a pedometer through our cart, please use the login tab above. If you have not received a redemption code, contact your local program administration office.

Redemption Code: *

Enter the redemption code supplied by your wellness program administrator.

Username: *

Please choose a username. You can use your full name or your preferred username; only letters, numbers and spaces are allowed.

Email Address: *

Please enter the email address you want associated with your new account.

Password: *

Please choose a password for the new account.

*The redemption code process is not applicable to all clients.

Activating Your Account

The first time you login to the website, you are prompted to complete activation and download the software.



[HOME](#) [MY PROFILE](#) [BLOG](#) [MY ACCOUNT](#) [HELP](#) [GLOSSARY](#) [CONTACT US](#)

[Activity Tracker](#) [Food Tracker](#) [Body Tracker](#) [Walking Club](#) [Walking Buddies](#) [Journals](#) [Forums](#)

Step 1 of 3 - Account Profile

The following fields will fill in your WalkingSpree profile. Items marked with an asterisk are required.

Screen Name:

BigWalker

Enter a pseudonym you would like to be used in place of your real name.
Leave blank to use your real name.

Date of Birth: *

1969-05-16

eg: Use 1954-03-23 if you were born on March 23rd, 1954

Gender: *

Female

Unit System:

Imperial

E-mail address: *

bigwalker@mail.com

Next



[HOME](#) [MY PROFILE](#) [BLOG](#) [MY ACCOUNT](#) [HELP](#) [GLOSSARY](#) [CONTACT US](#)

[Activity Tracker](#) [Food Tracker](#) [Body Tracker](#) [Walking Club](#) [Walking Buddies](#) [Journals](#) [Forums](#)

Client App. and Pedometer Setup Wizard

Welcome to your WalkingSpree Fitness Program.

This quick wizard will assist you in setting up your pedometer and uploading data to our website.

If you do not yet have your pedometer, or would like to set up your pedometer later, you can click on the button 'Remind me tomorrow' below, or just explore using the links above.

Note that if you decide to just explore the site, you may revisit this page.

Remind me tomorrow

Next

About the WalkingSpree/Omron Pedometer

Your pedometer is a high quality state of the art accelerometer. It holds 41 days of memory so you don't have to worry about missing steps if you're away from a computer for an extended period of time.

The pedometer tracks:

Total Steps

Aerobic Steps

Total Calories Burned

Total Fat Burned

Total Distance Walked

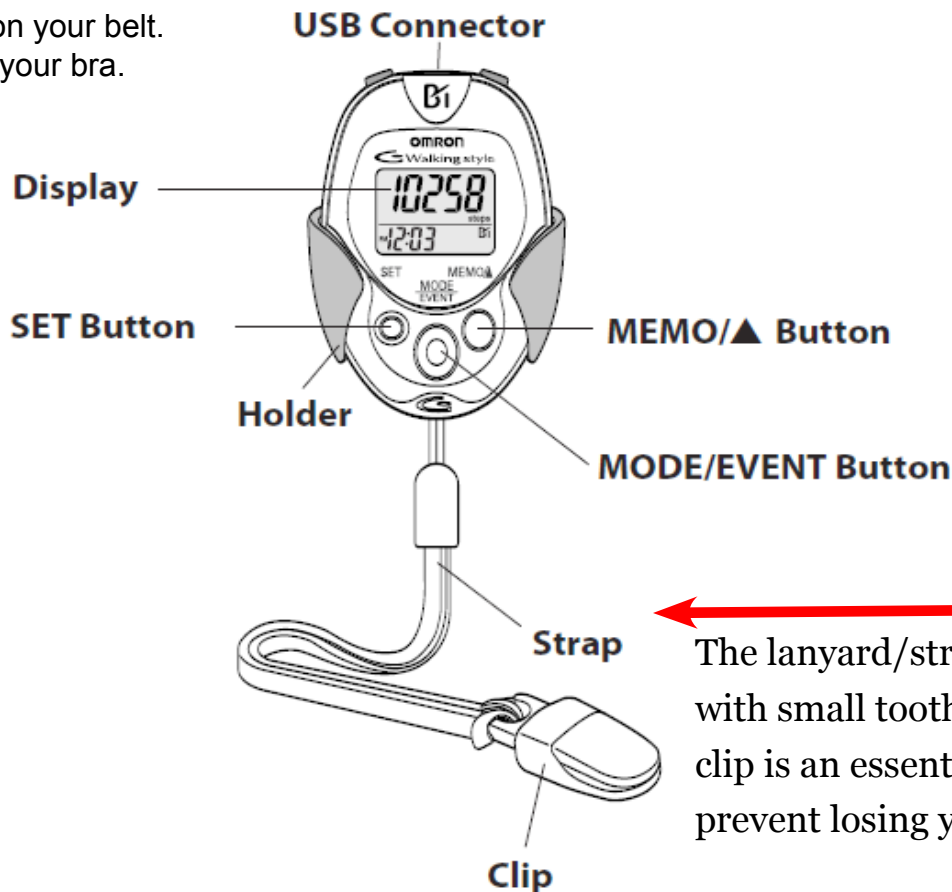
Pressing the "Memo" button on your pedometer allows you to scroll back 7 days of your data. Highlight any data, ie. steps and hit memo.

What are aerobic steps? Before you can walk or even run aerobically you have to know what aerobic steps are. Simply put, aerobic steps are counted separately – by your pedometer - when you walk or run for more then 10 continuous minutes at a pace of more then 60 steps per minute.

Refer to your [Omron instruction booklet](#) for more details on the pedometer specs.

Where do I wear it?

- In your pants pocket.
- In your shirt pocket.
- Around your neck.
- On the clip on your belt.
- Tucked into your bra.

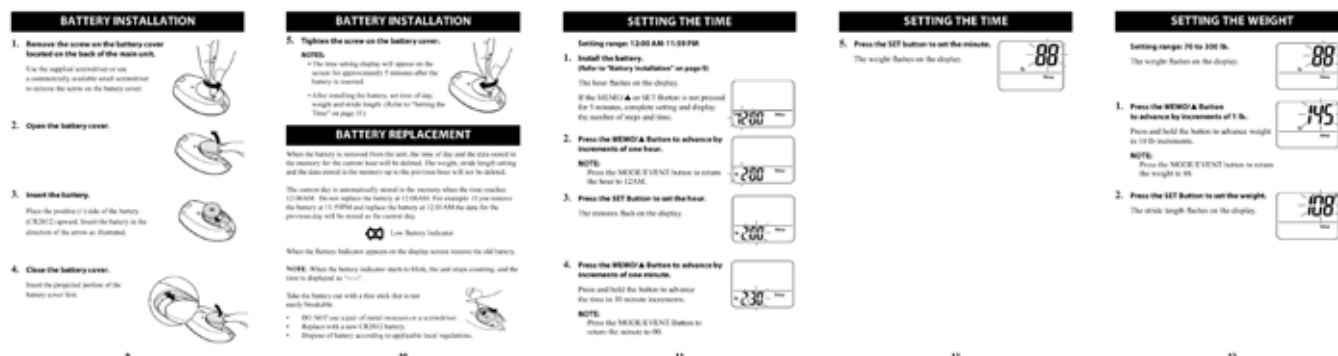


The lanyard/strap with small toothed clip is an essential tool to prevent losing your pedometer.



Battery, Time & Weight Settings

The website walks you through setting up your pedometer during account activation. For more detailed instructions, you can follow the instructions from pages 9 to 13 in your [Omron instruction booklet](#).



Tip: Some members find the set button difficult to press. We recommend you use the flat metal screw driver that came with your pedometer to press the set button or a paper clip or other point item.

Changing the Battery



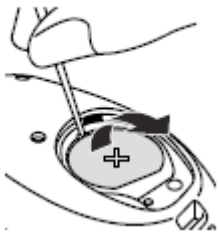
Setup a reminder in your calendar, outlook, etc. in advance, 5 months after you receive your pedometer to replace your pedometer battery. You will see a flashing symbol that looks like an infinity symbol but is actually a rectangle with an x through it (note: this is not the flashing BI symbol.). There is only a short time before seeing this symbol and the battery dying.

The battery last approximately 5-7 months and is a CR2032 battery found at most drug stores. Many participants find that the Energizer or Panasonic battery works well. Similarly, many users find that Rayovac batteries do not work well. You can also purchase 2 OEM batteries from WalkingSpree for \$5.50 including shipping by calling Customer Support.

When the battery is removed from the unit, the time of day and the data stored in the memory for the current hour will be deleted. The weight, stride length setting and the data stored in the memory up to the previous hour will not be deleted. The current day is automatically stored in the memory when the time reaches 12:00AM. Do not replace the battery at 12:00AM. For example: If you remove the battery at 11:59PM and replace the battery at 12:01AM the data for the previous day will be stored as the current day.

When the Battery Indicator appears on the display screen remove the old battery.

NOTE: When the battery indicator starts to blink, the unit stops counting, and the time is displayed as "--:--".



Take the battery out with a thin stick that is not easily breakable. Replacing the battery must be done very carefully as the metal battery prongs should not be moved.

- DO NOT use a pair of metal tweezers or a screwdriver.
- Replace with a new CR2032 battery.
- Dispose of battery according to applicable local regulations.



Setting the Stride Length

The activation process calculated an estimated stride length based off your height for entering in your pedometer. If you need to verify again, you can go to “Body Tracker -> Stride length”.

For a more precise stride length, follow the instructions in your Omron booklet on pages 8 and 14 for a more accurate stride length. If you are unable to calculate using that method you can use the estimated calculation for a normal walk.

Note: It is important that your height is entered correctly in your account settings (My Account) for your estimated stride length.

How do I remove the flashing bi/clear memory from my pedometer?



The flashing Bi is a reminder to upload your steps. Your pedometer holds 41 days of memory and the flashing bi means that you have reached 41 days. Each day it loses the 41st day but as long as you are uploading regularly you are not at risk for losing any data and is more of a visual hindrance.

To remove the flashing bi:

On your computer, go to your Start Menu - All Programs - WalkingSpree Data Uploader - Clear Memory Tool.



NOTE: IT IS VERY IMPORTANT THAT YOU DO A CONFIRMED UPLOAD PRIOR TO CLEARING YOUR PEDOMETER MEMORY OR YOU WILL LOSE YOUR STEPS.

What activities can you use your pedometer with?

With a bit of creativity and ingenuity your pedometer can pick up nearly any non water based activity (it's not waterproof). Most activities provide 1000 steps/10 minutes of activity with some variation depending on the activity. It also depends on your level of play. Are you a fast walker? Then you'll have more steps. Do you run all out while playing basketball, again, you'll have more steps in that time frame than someone who might have a slower pace.

The following are rough estimates for steps achieved for the particular activity. Pedometer placement on the body and activity will cause variation in the steps and aerobic steps (aerobic steps are steps taken at 60 steps/minute for a minimum of 10 minutes)

1. Elliptical – 3240 steps/30 minutes.



2. Cycling – 4000/30 minutes. It is recommended to wear the pedometer low in the pocket or waistband to be closer to the leg/hip movement. It can be worn in the sock, however may not register as many steps. Steps will not be picked up during coasting and may vary during standing cycling. Cycling may not pick up full steps or aerobic steps depending on cycling motion. Check out the WalkingSpree blog post on cycling with your pedometer tips.

3. Sports such as basketball, soccer and tennis – 3200 steps/30 minutes. A full step per step equivalency. Varies depending on level of play and the stop/start nature of the sport.

4. Rowing – 1500 steps/30 minutes. Place the pedometer on the end of a long shirt sleeve or attach to a wrist band or watch strap so that your hands act as the conduit for registering the activity.



TIP: If participating in an extremely high energy activity such as spin class and you are wearing your pedometer inside your waistband, snug pocket or bra, it may be a good idea to put a ziplock bag over your pedometer to prevent the humidity buildup as that can affect the LCD display.

The Pedometer's Almanac



Protect your pedometer from humidity. If you wear your pedometer tucked in your bra or in your pants, and participate in a high energy activity enough to create some serious sweat, you should wrap your pedometer in a ziplock bag to prevent humidity build up. This is especially important in summer when the humidity levels outdoors are already very high.

Ooops, I didn't protect my pedometer from humidity and the LCD display on my pedometer is not showing and I see beads of sweat on the inside of the display. Help! what do I do? Some of our WalkingSpree participants have found that if they place pedometer in a bag of rice, it will help draw out the moisture. This may take a couple of days but the LCD

display and upload capability should come back after a couple of days.

Sploosh! I've dropped my pedometer in the toilet, the pool, the washing machine, etc. Your pedometer is not waterproof (nor covered under warranty for water exposure) but some participants have found that their pedometer is still working after putting it through the wringer so to speak. Take the battery out of the pedometer (to prevent corrosion) and as tip #2, place the pedometer in a bag of rice to draw out the moisture. We had one pedometer survive a toilet flushing and retrieval by a plumber! Ooops I was replacing the battery and dropped that teeny, tiny screw and can't find it. What do I do?

USE YOUR LANYARD.

We can't say it enough. This is the string and small toothed clip. This will prevent it from being lost, from being dropped in the toilet, from falling in the driveway and getting run over (yes these have all happened).



Ask your kids or grandkids to look for it on the floor for you in exchange for ice cream;) Still can't find it? Some participants temporarily use duct tape to hold the battery cover on, until they can visit a hardware store to find a screw the same size to replace the original screw.

We do recommend:



- Wearing your pedometer from the time you get up in the morning until you go to sleep at night.
- Using the lanyard will prevent you from losing it ("I lost my pedometer" isn't an excuse for showing up late for work).

We don't recommend



- Flushing the pedometer down the toilet – although one super-powerful super-hero pedometer survived a Kryptonite blasting three day submersion and subsequent plumber visit.
- Going through the washer and dryer – several super-hero pedometers have survived this one-two punch.
- Swirling it around by the lanyard and accidentally letting go ... breaking your computer monitor. Yes, pedometers like to fly faster than a bullet. And just like a bullet, they pack a punch when they land. This hasn't happened yet. We'd hate for you to be the first.

Like we said, we can't say it enough:

USE YOUR LANYARD TO PREVENT THE PAINFUL LOSS OF YOUR PEDOMETER.

And remember to remove your pedometer before washing, swimming or any water activity.

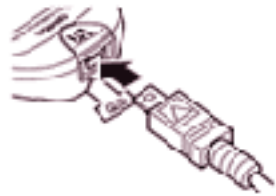


How do I install the WalkingSpree Data Uploader Software?

During activation you will be prompted to download and install your software. You can also find it under “HELP” on the website.



Step 1. Open the USB Connector cover.



Step 2. Plug the normal USB Connector (Large Connector) into the computer.



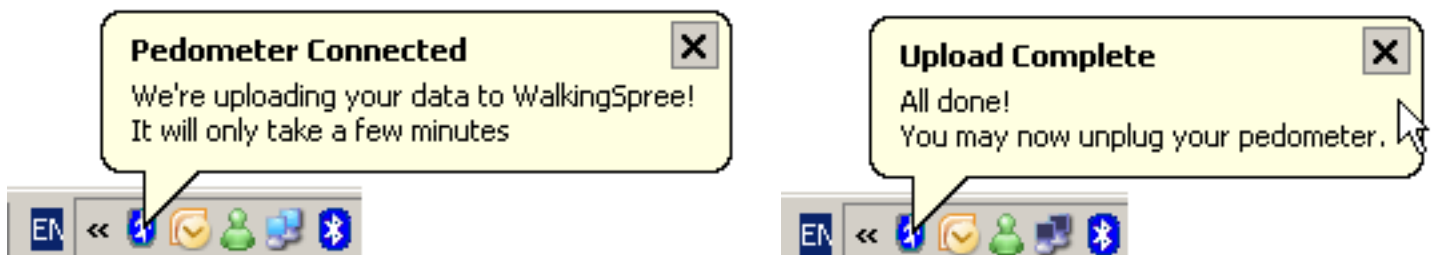
Step 3. Plug the mini USB connector (Small Connector) into the USB connector. "PC" will appear on the display when the USB cable is connected correctly.

Please leave your Pocket Pedometer plugged in.

After registering your WalkingSpree Data Uploader to your computer allowing the data to be transmitted from the pedometer to the website.

Computer Requirements

PC (Windows 7, Vista, Win XP, Win 2000, Windows 7) (For Vista and Win 7, you may need to choose *save* instead of *run*, then right click on the WalkingSpree software icon on desktop and select “run as administrator”) NOTE: If you have Windows 2000, please contact Customer Support for a different version of software. Mac OS software will be available October 2010.



Troubleshooting Quick Tips

Here are some quick and easy troubleshooting steps that can be implemented to address typical scenarios that can occur with day to day pedometer and website features and functionality.

1. Changing your WalkingSpree website password:

Log into WalkingSpree website and select My Account from the top green menu bar. Scroll down to the section that has two fields for passwords, type in your new password in both fields. Scroll to bottom of page and click the Submit button. Make sure you document your new password in a secure place for future reference. If you have forgotten your password and need it reset, please call the WalkingSpree Support desk and an agent will reset the password for you.

2. Unable to download WalkingSpree software:

This process is sometimes blocked by your personal firewall or anti-virus software. If your security programs ask for permission please chose allow. If it is due to the anti-virus detection categorizing the application as malware or a virus, this is a false positive. If prompted for permission please select allow. If no prompt is given yet still receiving a warning an exception for the WalkingSpree software will need to be added manually.

3. Pedometer will not upload steps:

Confirm that you are using the latest version of WS software, v 2.5.2. (Right click on WS icon in taskbar-tools-status monitor. If you have an older version, quit the current running application, uninstall the old version and download the new version from the website's "Help" menu.

4. Pedometer keeps resetting:

Determine how old the pedometer battery is. It may need to be replaced if it is more than 5 months old. WalkingSpree recommends Energizers or Panasonics for best results- some lower brands attribute continued resetting.

5. My upload is taking a long time

The more memory your pedometer holds, the longer it takes to upload. This is why it important to clear your memory. See page 9 on removing the flashing bi for this procedure. It is recommended to upload at least weekly.

WalkingSpree Data Uploader FAQ's

Can I upload from more than one computer?

Yes, you can upload from any computer, but you will need to download the WalkingSpree Data Uploader software to that computer first. The first time you run it, it will prompt you for your username and password as it did the first time you installed it on your other computer. Many people use it on both their home and office computers. You can find the software at <http://www.walkingspree.com/clientapp>

Can more than one person use the same software?

Yes, you and your spouse or anyone else can share a computer to upload your steps. The software will ask for each person's username and password to link to their pedometer.



NOTE: It is very important to ensure that your username is selected prior to upload. When plugging in your pedometer, it should default to your username, but it is important to check.

Need more help?

1. Email Support via WalkingSpree Support Desk <http://support.walkingspree.com>. You may submit a ticket 24/7. Representatives are available to respond to tickets, Monday to Sunday 9:00 am to 8:00 pm EST.
2. Phone Support: at 1-877-789-9255, ext 1. Customer Support hours of operation are Monday-Friday 9:00 a.m. – 8:00 p.m. eastern standard time
3. Online Resources are available 24/7 when logged in at the HELP menu and in the Knowledgebase in the WalkingSpree Support Desk at <http://support.walkingspree.com> You may find many answers to your questions in these two locations.

