



# WHAT MOTIVATES YOU?

Staying motivated and committed to an exercise and wellness routine is hard. Distractions pop up. Life gets in the way. Wouldn't it be nice for someone and some place to help you stay on track?

We thought so too. So we reimagined the entire fitness experience. It's called Movofit™. Instead of focusing on short-term goals, we focus on *human motivation*.

Start here with the Movofit app - designed to keep you moving and on track. More Movofit engagement tools coming soon!



**movofit™**  
MOVEMENT FOR LIFE



## MOVOFIT APP DOWNLOAD INSTRUCTIONS

### 1. Go to your app store

- Download the Movofit app.

### 2. Create an account

- Click “create account,” input your email address, choose a password, and sign in.

### 3. Follow tutorial provided

### 4. Personal profile

- Click on your initials in the top left corner.
- A panel will appear. Click on your initials again to access your full profile.

### 5. Set up personal profile for perks

- Select gender, height & weight to allow for more accurate calorie tracking.
- Input your birthday for yearly rewards points:
  - Use the calendar to select month and date.
  - To update the year, tap the year reflected

at the top of the calendar. Select your birth year from the scrolling menu.

- **Home location:** Select the Center location where you are a member.
- Link social media to share workouts.

### 6. Settings

- **Privacy:** If you want to share your workouts, click “public.” If not, click “private.”
- **Email:** By clicking “yes,” we quickly can share timely information with you, including emergency weather closings, the latest Center news, special events, etc.

### 7. Add your keytag

- Click on the top right to include your keytag.
- When prompted, enter your keytag number.
- Once saved, you can check in and earn rewards points using your device.

## APP TILE FUNCTIONALITY

### 1. Find a class

- Sort by day, instructor, or activity.
- View other Center locations’ class schedules using the search icon. Star locations you frequent. They will appear under Favorites for easy access.

### 2. Rewards

Earned rewards points can be exchanged for perks like a free month of membership dues, a personal training session, or gift cards.

### 3. Challenges

Join Challenges and compete with other members for prizes and ultimate bragging rights!

### 4. Workouts

- All workouts entered in the “Record a Workout” tile will be saved under Workouts.
- View your workout progress by week, month, or year. Track your stats.

### 5. Record a workout

Record a workout manually or use x-capture. Don’t hesitate to ask staff for assistance.

### 6. Connected apps

If you have any of the wearables/apps listed in this section, you will be able to connect and record your workouts effortlessly. Apple and Samsung watch connectivity coming soon!

### 7. Refer a friend

Share the gift of health with a friend. Complete the requested information and push “Send.” We will contact your friend and invite them to use a free guest pass!

### 8. Goal center

Set your goals and start earning points as you achieve them!

### 9. Training

Request a trainer for an assessment or training session.

### 10. Activity feed

If you set your workouts as “public,” they will automatically appear in this public feed.

### 11. Social media

Connect, share your workouts, and see what is happening at the Center!

### 12. Extras

Get the latest issue of F&W News, health tips, and more here!

### 13. Deals

View all the special deals available! New deals are posted frequently. Be sure to check often!