HOW TO DO A VIRTUAL WALK

1. Register for Steppin’ Up for Kids by visiting www.crowdrise.com/steppinupforkids. You can either sign up to simply walk, or to walk and fundraise.

2. When registering, you will have the option to “add another registration.” This is where you can add family members, friends or kids to your registration. Everyone who signs up is guaranteed a medal unless you decline it during registration.

3. You will then be able to join a team from a specific region of the U.S. This is so that the money raised in each region stays in that region to fund medical grants for kids locally. If you’re not sure what region your state falls in, click on the map on the homepage, which can be found here: www.crowdrise.com/steppingupforkids. See if your region can raise the most!

4. That’s it! Start walking and record your steps on your page from May 1st through June 15th. We’re challenging participants to walk at least 20,000 steps (10 miles) in alignment with UHCCF’s mission to grant 20,000 grants by 2020! Feel free to walk in the gym, outside, the mall, or anywhere you’d like. Just get walking!

5. Don’t have a FitBit? Any of the following apps can track your steps: MapMyRun, MapMyFitness, MapMyWalk, miCoach, MyFitnessPal, Lose It!, Runmeter GPS or Nike+ Running. Most smartphones also have a step counter in the fitness section.

6. Once you have completed your steps (or walked even more than 20,000!), give yourself a pat on the back. You’ve done a great thing by helping UHCCF!

IF YOU’RE INTERESTED IN FUNDRAISING WHILE YOU’RE RECORDING YOUR STEPS, HERE’S HOW:

1. Follow the steps above, but when registering, make sure you first sign up under your region so all funds you raise will be used to help provide medical grants to children in your area.

2. Take advantage of our Virtual Toolkit (located on CrowdRise) to help you with email templates and social media sample posts to help you spread the word.

3. Customize your personal CrowdRise page with your/your team’s photo and message. You’ll have the opportunity to do so right after registering, and you can always come back later by logging into your account, clicking on “my profile,” then clicking on “edit my profile” in the top left corner to edit your information.

4. Finally, check out the “incentives” tab on CrowdRise to see the awesome prizes you can win!

THANK YOU FOR YOUR PARTICIPATION AND HELPING TO MAKE STEPPIN’ UP FOR KIDS A SUCCESS!