Corporate Wellness Challenge, STEP UP, STEP OUT
Faculty and Staff Registration & Tracking Directions

University of Pittsburgh

Partnering with the Pittsburgh Business Group on Health and the American Heart Association’s Start! Walking Program, STEP UP, STEP OUT encourages healthy competition among Pittsburgh-based employers and their employees to walk to better health. You will be amazed at what you can achieve—One step at a time!

Please join your University of Pittsburgh fellow faculty and staff members in the 2013 American Heart Association Campaign. It just takes a few minutes to register. The benefits may last you a life time!

TO PARTICIPATE

*Go to [www.heart.org/start](http://www.heart.org/start)
* Click on the ORANGE Register button and complete Contact Information
* Type Company Name, University of Pittsburgh, or click Search for company in Search box, to register with the University
  ** If part of a team (must have 5 employees), enter Dept/Team Name (optional)
* Enter a personal Password
* Enter weight & height under Health Information (All information is confidential and will **not** be shared with the University)
* Check the first box under Preference to add your activities/steps to the University total
* Check box to agree to Terms of Use
* Click on Submit button and Log out

TRACKING YOUR PROGRESS

*Go to [www.heart.org/start](http://www.heart.org/start) and Click on the Login link (upper right hand corner)
* Enter your email address and password
* Click on Tracker tab and then Click on Activity Diary
* Enter activity, intensity, date, minutes, etc; save activity and Log out

Rules

- You must be an active faculty or staff member to participate (spouses and retirees are not eligible at this time)
- Walking/running/biking etc, counts and will be converted to miles for comparison purposes
- The on-line tracker at [www.heart.org/start](http://www.heart.org/start) will convert steps to miles if using a pedometer that counts steps only
- Tracking is on the honor system
- Miles are counted for walking, running, biking and other activity done either outdoors or indoors