

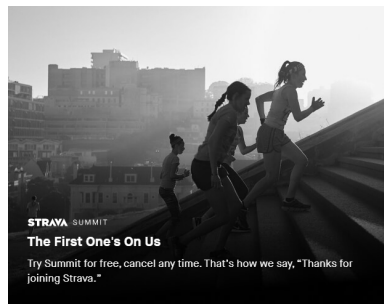


Step to Accept Strava Details

Strava is a popular fitness tracker application with over 50 million users. GiGi's has partnered with Strava as a tool to get people more engaged with fitness by tracking and logging activity and connecting with their large community to bring more awareness and acceptance. The GiGi's Step to Accept Club has been built AND will soon have the custom challenge added to it which is the Steps to Accept event held on June 6th, 2020.

Step 1 – Create a FREE Strava account at <https://www.strava.com/register/>

- You have 2 options: Free Account or “Strava Premier”. On the screen below, you can choose “Skip for Now” to have a free account, and **no credit card is required**. Premier provides broader functionality, but is not required for this challenge. The Free Account can be used permanently and is not just a trial.



- Strava can be used with your phone (via the application that can be downloaded on latest version of iOS or Android). <https://www.strava.com/mobile>
- Strava can also be used with FitBit, Garmin, Apple Watch, and many other connected devices. <https://blog.strava.com/connect-your-device/>

Step 2 – Join the GiGi's Step to Accept Club (If searching, set club type to “all”)
<https://www.strava.com/clubs/gigisteptoaccept>

Step 3 – Join the Step to Accept Strava June 6th Challenge, <https://www.strava.com/challenges/GiGis-Playhouse-Acceptance-Challenge>

Step 4 – Track your activity with your chosen device as you walk, run, ride building up to the challenge. You can also log onto Strava and upload your activity manually by clicking on the + symbol on the upper corner of your profile in the mobile ap or your desktop.

Step 5 - On June 6th commit to walking/running/riding for the Step to Accept challenge. Using Strava or your connected device to capture your data that day (or enter it manually).

Have fun, commit to fitness, and get moving!