

It's Easy to Register for *Florida on the Move*:

Register on the America on the Move (AOM) website www.americaonthemove.org. If you do not have a computer ask a friend, teacher, or colleague to help you register. You can also call 1-800-807-0077 to register.

1. On the AOM site click

Get Involved,
Join Today

2. Complete each highlighted section as follows:

What best describes you?

I am an individual who is interested in my health and wellness.

I am a health care professional.

What would you like to do?

Only sign myself up.

Join a group.

Start a group.

Start a family group.

I am a teacher who wants to start a school group.

Group Registration Code:

RMA31521

First Name:

First

Last Name:

Last

Address: (Optional)

Your street

Your Town

Zip Code:

xxxxx

Gender:

Male

Height:

5

feet

10

inches

Weight:

200

Ethnicity:

White

Birth Year:

1960

Email:

Retype Email:

Password:

 Password must be at least 6 characters in length and contain letters and numbers only.

Retype Password:

How many days do you set aside time for physical activity?

How did you hear about AOM?

Would you like to receive emails?

Daily Emails
 Broadcast Emails
 Communication from Partners

Would you like to join STEPtember?
 Yes No [Learn more about STEPtember](#)

3. Congratulations, you have registered successfully for AOM!

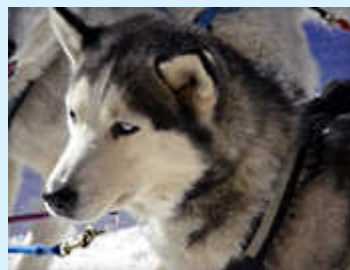
4. Select a start date and begin logging your steps!*

*You can participate without a step counter by logging minutes of activity!

To stay motivated try one of these exciting trails:

- Choose your favorite route to help you track your progress.
- Each time you enter either steps or minutes of activity, the program will convert that activity to program miles and plot your progress along the trail.
- By meeting the average daily step goal required by the trail, you will be able to reach your final trail destination in the allotted time of 42 days or six weeks.
- Are you up for the Challenge?

New Interactive Trails



Iditarod Trail

The Iditarod trail is part of a trail system that first connected prehistoric Native Alaskan villages from one coast of Alaska to the other. It later became a major route for the settlement of Gold Rush-era Alaska. Today, the historic Iditarod trail system is home to three internationally famous long-distance winter races. The Iditarod is the only Alaskan trail in the National system, and the only Historic Trail celebrating the indispensable role played by "man's best friend" in America's Last Great Gold Rush and in the settlement and development of Alaska.

> To Complete in 42 Days – Requires 6,336 Average Steps/Day



YMCA Trail

For nearly 160 years, the YMCA has been meeting the most pressing challenges of the communities we serve. When it comes to getting and staying active, the Y has pioneered some of the most beloved, popular, and important sports and programs of our time. Basketball? Invented at the Y. Remember Jazzercise™? Started at the Y. Swimming lessons? The Y again. And while helping people get moving is part of our mission, helping people connect and make friends is just as important. So come along as we get moving...

> To Complete in 42 Days – Requires 7,500 Average Steps/Day

Select



Oregon Trail

The Oregon Trail was the route of one of the greatest migrations of people in this country's history. The trail was used by pioneer settlers traveling to Oregon Country in the Pacific Northwest to claim land that was initially free, and then inexpensive to purchase. The Oregon Trail spanned over half the continent, stretching 2,170 miles west through territories that would later become Missouri, Kansas, Nebraska, Wyoming, Idaho, and Oregon.

> To Complete in 42 Days – Requires 8,266 Average Steps/Day

Select



Pacific Crest Trail

The Pacific Crest Trail (PCT) is a popular hiking trail spanning from the border of the U.S and Mexico to British Columbia, Canada through California, Oregon and Washington. The Trail was created by linking several existing trails; Washington's Cascade Crest Trail, Oregon's Skyline Trail, and California's John Muir and Tahoe-Yosemite Trails. Walkers and hikers of all experience levels travel to the PCT to take in the sites of towering mountain peaks, deep valleys and interesting plants and wildlife.

> To Complete in 42 Days – Requires 10,095 Average Steps/Day

Select

Traditional Trails



China Silk Road

The ancient Silk Road crossed continents and linked the Roman Empire to the Chinese imperial court in Xi'an, creating a means for trade between nations. Silk wasn't the only item exchanged; precious metals, gemstones, textiles, coral, furs, ceramics, and spices also were transported on the route. You'll track your progress along the northern portion of the Silk Road in China. Note: You may switch to another route at any time; the steps you've taken so far will count.

> To Complete in 42 Days – Requires 4,310 Average Steps/Day

Select



U.K. National Trail

You'll track your progress along the United Kingdom's national Trail system, which provides hiking and biking paths through culturally significant and scenic areas. The trail starts along the Thames River in southern England, curves around the coast of Cornwall, follows the border of Wales, and winds its way to the north of Scotland. Note: You may switch to another route at any time; the steps you've taken so far will count.

> To Complete in 42 Days – Requires 4,590 Average Steps/Day

Select