



# 62 RHLI Fitness Initiative

## How to get started?

### Step 1

#### Download

In your devices app store, find and download the "Pacer Pedometer & Step Tracker"

### Step 2

#### Join

Create a profile in the app. Use the special access code to join the 62 RHLI team!

### Step 3

#### Link

Connect other fitness tracking devices to never miss a step (optional)

### Step 4

#### Track

Keep track of your steps and your friends, as you compete in this virtual race!

### Let's Begin!

#### Exercise and record activity in the Pacer app

Every step taken during the day is tracked and recorded. Your total steps will count towards a virtual distance travelled to Halifax, Nova Scotia!

Can't bring your device? That's okay! You can manually input exercise information directly in the app



#### Winners, certificates and more!

At the end of April, all participants will receive a personalized e-certificate indicating how far across Canada they have travelled!

#### What's the plan?

As part of an ongoing fitness initiative to lead an active lifestyle, 62 RHLI cadets are doing a virtual trek to the East Coast!



#### Sight-seeing along the way

Weekly statistics will be announced, as well as the most active participants! As the unit marches by important monuments, cadets will have the chance to learn fun facts and ask questions about Canadian and military history



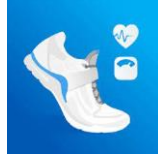
Halifax, Nova Scotia

1) Which is the correct app?

Please click the following link to see the apps website and look at the app icon below to ensure you are downloading the correct one.

WEBSITE:

<https://www.mypacer.com/>



2) How do I join the group?

The group name is “**62 RHLI Army Cadets**”. Please use the following invite link or QR code to join this group. CV Wojcik will approve and admit all members as this is a private group.

Once you join the GROUP, you will need to join the “Hike to Halifax” CHALLENGE.

INVITE LINK:

[https://www.mypacer.com/groups/42296998?identifier=group\\_YWNjb3VudF9pZD0yODYwNTI2MDUmZW50aXR5X2lkPTQyMjk2OTk4JnNvdXJjZT1QVl9Hcm91cERldGFpbCZwcm9kdWN0PXBhY2VyJm1lZGlhX3R5cGU9bGluayZjbGllbnRfaWQ9cGFjZXJfaW9z\\_15zDly3xp9ODFsRkRoD/cM80jHM](https://www.mypacer.com/groups/42296998?identifier=group_YWNjb3VudF9pZD0yODYwNTI2MDUmZW50aXR5X2lkPTQyMjk2OTk4JnNvdXJjZT1QVl9Hcm91cERldGFpbCZwcm9kdWN0PXBhY2VyJm1lZGlhX3R5cGU9bGluayZjbGllbnRfaWQ9cGFjZXJfaW9z_15zDly3xp9ODFsRkRoD/cM80jHM)

QR CODE:



3) When does the challenge start? When does it end?

The challenge will start on April 1<sup>st</sup> and will run all the way to the end of the month (April 30<sup>th</sup>).

4) How do I keep track of my steps?

The Pacer app is predominately a pedometer. So as long as you have the device with the Pacer app installed on your person, it will track the steps you take during the day. Alternatively, you can link other fitness devices to the Pacer app to track your steps (ex. Apple watch) or just manually log your fitness in the app if you choose not to carry your device around with you.

Note: For the Hike to Halifax challenge, no manual entry is allowed! If there is any activity that you completed but was not able to be automatically recorded in the app, please let CV Wojcik know ASAP.

Email for CV Wojcik: [patrycja.wojcik17@gmail.com](mailto:patrycja.wojcik17@gmail.com)