



# MAINTAIN...DON'T GAIN

November 29th, 2010—January 3rd, 2011

## Instructions for New Kentuckiana Metro On the Move Users

### STEP 1: JOIN THE KENTUCKIANA METRO ON THE MOVE!

- Visit [www.khcollaborative.org](http://www.khcollaborative.org) and click the “Kentuckiana Metro on the Move” logo.
- This will direct you to the Kentuckiana Metro on the Move (KMOM) website, click “Join Today!”
- If you agree to the terms of the website, scroll down and click “Agree.”
- Complete the user profile. If you wish to remain anonymous, please do not add a nickname to your profile or consider the nickname you enter. If your organization is not listed in the KMOM list, select “Public” for your workplace/organization. Click “Save.”

### STEP 2: JOIN THE WEIGHT LOSS CHALLENGE!

- Click “Challenges.”
- Click “Maintain...Don’t Gain” challenge.
- Click “Join Challenge.”
- Please update your weight weekly by inputting your most current weight into the “Update Your Weight” area.
- You will notice the leaders of the weight loss challenge by scrolling to the bottom of the screen.

### STEP 3: UPDATE YOUR WEIGHT WEEKLY!

- On the home page of the KMOM website, scroll down and in the “Update Your Weight” section, enter the date, current weight, and click “update.”
- Be sure to enter your weight weekly to keep your track of your progress on the BMI graph.

### STEP 4: WIN PEDOMETERS AND \$50 CASH PRIZES BY FOLLOWING ELIGIBILITY REQUIREMENTS

- Maintain or lose weight by December 9th and 21st to be entered into a prize drawing for a USB pedometer. You must update your weight (even if unchanged) in the system by the dates listed above for prize eligibility.
- Maintain or lose weight and update your weight in the system by January 4th to be entered into prize drawings for \$50 cash prizes.

\*Consult your physician before starting a new exercise or weight loss program.

Underwritten by:

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