

**Active Marion Project (AMP) is a free county-wide healthy lifestyle initiative designed to encourage Marion County citizens to adopt and maintain healthy lifestyles and to have fun while doing it.**

Consistent physical activity, including walking, has been shown to improve quality of life, promote healthy aging, maintain mental health, and prevent chronic disease. To encourage Marion County to be more physically active, we created the AMP smart phone application. The app is an innovative health initiative, developed by the Marion County Hospital District, which uses friendly competition to encourage people to engage in physical activity in our communities. Some features include:

- Automatically set up and track your movement- no matter which app you use
- Earn points for each step
- Secure log in and password
- Talk with friends/groups/amplifiers
- Get notifications of upcoming challenges and ways to earn bonus points, wellness and nutrition tips, exercise opportunities, motivational quotes, recognition of CHAMPS, nearby and local events
- Calendar
- See the leader board to know where you and your team stand

**So, how do you get started? Follow these simple steps to join the movement.**

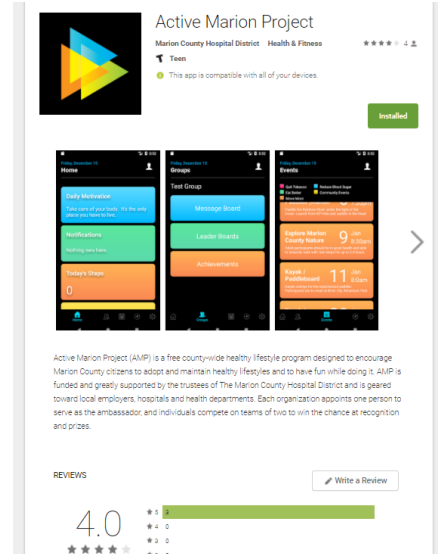
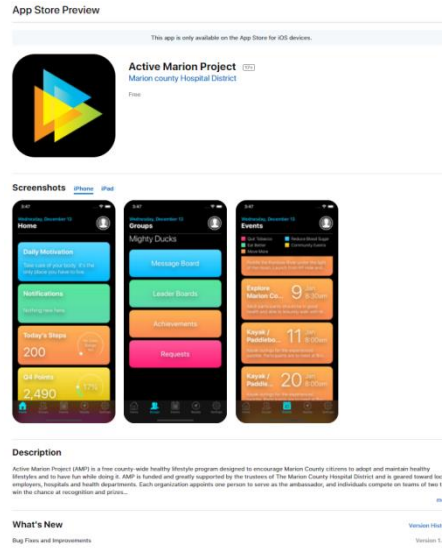


## Get AMPed, Marion County



## Step 1: Download the app in the iTunes (Apple) or Google Play Store (Android).

The app is free to download.



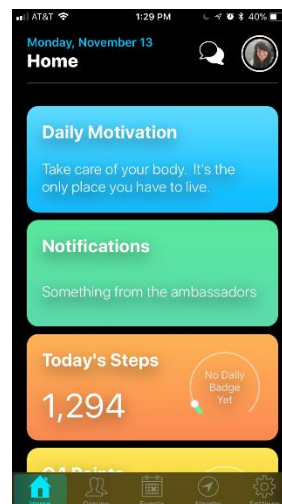
## Step 2: Create an account and register

1. Complete the short registration information
2. Input zip code of where you live or work
3. Create a password
4. Don't forget to add your profile picture

## Step 3: Navigator the app

### Home page

- Daily Motivation
- Notifications- Get challenge and app updates
- Today's Steps
  - Info tab
  - Daily badge
  - Competition based on steps per quarter (Jan- end of March, April- end of June, July- end of sept, Oct- end of Dec)



### How are steps calculated?

All step data for AMP is gathered from IOS (Apple) Health or Google Fit Health, these health apps are standard on more recent smart phones. These apps integrate with most fitness tracking devices or apps. If you use a wearable fitness tracker, make sure that you allow Apple Health or Google Fit to sync up with your device. Every time you

open the AMP app, your steps will automatically update and so will the leaderboards. So remember to open the app frequently to make sure your steps are being properly synced and updated.

Any movement will can be recorded by your smartphone if you have the phone on you or am using a fitness tracker. So dancing, aerobics, gardening, running and gardening will all be included. Cycling, swimming or other activities will be included if you carry your smartphone or wear a tracker.

No manual data entry is required. It is recommended to use a fitness tracker for best and most accurate devices. If you don't have a wearable fitness tracker, no worries- your iPhone or Android will track your steps automatically.

- Quarterly Points

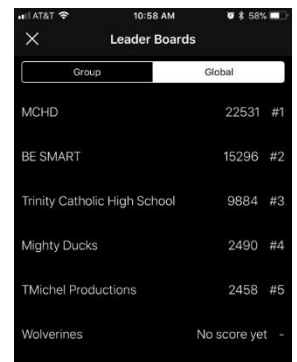
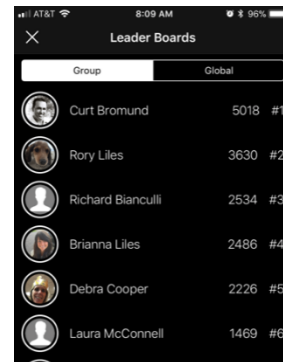
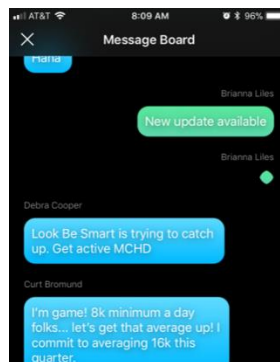
- How do I earn points?

- Earn 1 point for every 100 steps a day (no more than 200 points per day = 20,000 steps)
    - Every quarter, recognition and awards for individuals, teams, worksites with most points, workplace with most employee participation.
    - Earn 1 point for every 100 steps a day (no more than 200 points per day = 20,000 steps)
    - Every quarter, recognition and awards for individuals, teams, worksites with most points, workplace with most employee participation
      - Bronze Level– 3,000 points = average of 3,500 steps per day
      - Silver Level– 6,000 points= average of 6,700 steps per day
      - Gold Level– 9,000 points = average of 10,000 steps per day. This is the recommended steps per day by the American Heart Association
      - Platinum Level– 15,000 points = average of 17,000 steps per day
    - Everyone loves rewards, right! Every quarter, recognition and awards will be given for individuals, teams, and worksites with the most points. Some prizes that will be awarded are items like water bottles, towels, portable speakers, and chargers.



## Groups page

- Message Board
- Leader Board
  - Group
  - Global
  - Mayor- coming soon
- Achievements
- Group Settings



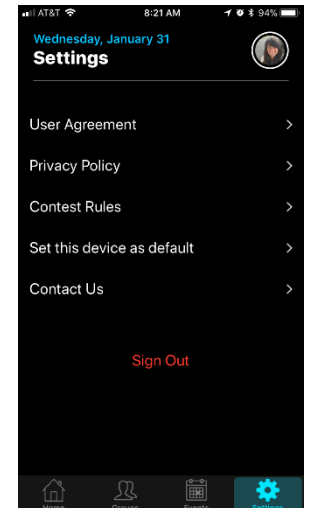
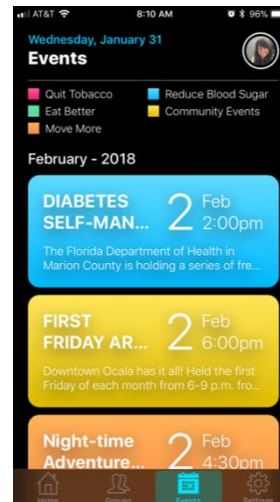
- Change group name
- Edit users
- Edit amplifiers
- Leave group
- Requests

## Events page

- 5 Focus Areas
- Calendar

## Settings page

- User Agreement- <https://mchdt.org/wp-content/uploads/MOBILE-APP-TERMS-CONDITIONS-LIMITATIONS-OF-LIABILITY.pdf>
- Privacy Policy- <https://mchdt.org/wp-content/uploads/PRIVACY-POLICY.pdf>
- Contest Rules
- Set this as default device
- Contact Us
- Sign Out



## Step 4: Join a team

The team competition is designed to be fun and for bragging rights, of course. Teams will be recognized at quarterly recognition events and top performers will be rewarded prizes. Teams have to be 3 or more people and can be a group of friends, family, workplace colleagues or departments; all shapes and ages. The app will display your personal steps, as well as the individuals on your team. You can view your team compared to other teams as well.

1. Open the “Groups” page.
2. If you are joining an existing team, click “Join a Group”, Use the search bar to find your team name and click “request to join” when team is located. You can only be on one team.
3. If you are create a new team, click “Create a Group”, input team name. Share team name with other team members, so they can request to join. Make sure to let other potential team members about your team by sharing app and team name via text, email, or social media!  
\*whoever creates the new team is automatically the team AMPlifier.
4. Once your team is created, you can view your roster through the “Leader Boards” bubble (green) “group” tab.
5. View how your team is doing compared to other teams by clicking on the Global tab. Global leaders are determined by dividing total numbers of points for a team by the number of team members.

6. Team names can be edited if needed. To change team name, AMPLifier, to remove members from group, select “Group Settings” bubble (yellow bubble on Groups page)

## Tips to get your team moving

The American Heart Association recommends 10,000 steps (or approximately 5 miles or 8km) per day for overall good health and well-being. This can be a lot for many people, so start with small steps and build up to 10,000 steps bit by bit.

- Set a goal for your team’s total steps, like taking enough steps to make it across your state
- Go “streaking”: Walk 10,000 or more steps each day for 30 days.
- Challenge another department or a similar organization to a walking competition.
- Walk to work on a sunny day.
- Take a hike with your family.
- Participate in a mall-walking event.
- Walk around a local park.
- Set a time and place for your group to walk on a regular basis
- Frequent communication and encouragement will help keep your team on the right path. AMP can help with keeping teams motivated with sample emails, promotional posters, challenge suggestions, and social media posts that can be shared with teammates.

**Visit the AMP website for additional information at [www.activemarion.com](http://www.activemarion.com)**