

R'MOVE

The more you *move*, the more you *win*

The Faculty and Staff Wellness program and The WELL bring you **R'Move**, an online physical activity tracking program, where you track your steps and earn prizes.

R'Move is a *free* physical activity tracking program (Walker Tracker), that syncs with your activity device (such as Fitbit, Garmin, Jawbone, etc. or your iPhone or Android phone). Steps are automatically uploaded to your profile on the Walker Tracker site.

Any physical activity can be tracked and converted to *steps*. Use the Activity Converter to convert your physical activity into *steps*. As you accumulate *steps* you will earn prizes.

It's easy to join! Just sign up online at ucr.walkertracker.com.

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